

## How to Paint a Nursery.

*Newborns are able to make out high-contrast shapes, patterns and bright colors, all of which help them learn to focus. Around five months of age, babies begin to recognize pastels. By 8 months, babies can distinguish colors. So when you're painting a nursery, use colors that are safe for your child. Lead-free paint is available in regular and low-VOC (VOC) levels and right on the paint cans). When prepping walls for paint, patch holes, sand walls smooth and wash them thoroughly before priming. In older homes, the existing paint might contain lead, which is a major source of poisoning for children and adults alike. Talk to a professional about how to test old paint for lead, and how to best address it.*



## How to Choose a Hospital.

*Now spend some time on perhaps the most important decision of all: choosing the hospital where your baby will be born. Holy Cross Hospital delivers more babies than any hospital in Maryland or the District. Our expert obstetricians have offices throughout Montgomery and Prince George's counties, and are backed by highly skilled, specialized nurses. Twenty-four state-of-the-art labor and delivery rooms are equipped with the latest technology, and new families enjoy more private maternity suites than at any other hospital. We offer specialized care for high-risk pregnancies, and one-on-one birthing coaches are available. Should you need it, our neonatal intensive care unit treats critically ill newborns, and is the largest in the state.*



Call 301.754.8800 or visit [holycrosshealth.org](http://holycrosshealth.org) for a *Smart Choices* kit, and we'll send you advice for choosing a doctor and a list of OB/GYNs, tips on making smart choices for your baby and a discount card for the baby store *Great Beginnings*.



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