How to Buy a Stroller.

Think safety. While your baby is under six months old, the stroller will need to completely recline re closing leg holes es to prevent baby h. If the stroller has ap, it needs to have or certification f erican Society erials (ASTM) mile Products right there unfold it. e-handed folding mechanism bonus in convenience. Are the h s comfortable for both parents? Do the wheels maneuver easily? Folded, will it fit into your trunk? A parking brake that locks one or two wheels in place is a must. If it's foot-operated, make sure it's easy to operate barefoot. Hand-operated brakes are great. A shock absorber makes for a smoother ride, especially if your princess can feel a pea.

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 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*.

HOLY CROSS HOSPITAL

[Experience Matters.]