

County of Los Angeles Lactation Accommodation Program Preparing for Baby: Checklist

The County of Los Angeles supports employees as they embark on starting their family!

Here are a few tips and reminders to support you in supporting your family!

1. Get Prenatal Care:

For a low risk pregnancy, a woman will average about 8 prenatal visits. The County's [medical plans](#) provide for prenatal care.

2. Plan to Breastfeed:

Breastfed babies are healthier babies. The County of Los Angeles supports employed mothers wishing to continue breastfeeding. Review the [Countywide Lactation Accommodation Policy and Program](#).

3. Take Childbirth Education, Breastfeeding and Baby-Care Classes:

The County's medical plans offer these classes and/or the costs can be reimbursed through a Flexible Spending Account.

4. Baby Bonding Time:

Contact the Family Medical Leave Coordinator in your department to learn about job-protected leaves.

5. Get Covered:

Be sure to add your new child to your benefits within 90 calendar days. Go to www.mylacountybenefits.com within 90 calendar days from the date of your child's birth. If you have questions about adding your child to your benefits, contact the benefits hotline at (213) 388-9982.

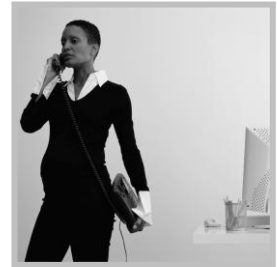
50% of all pregnancies are unplanned. It's never too late to maximize your benefits! Start planning, using this checklist.



County of Los Angeles Lactation Accommodation Program Preparing for Baby: Checklist

6. Pediatric Office Visits:

Have your infant examined by a pediatrician. Your infant should be examined by a pediatrician in the hospital after being born and within 2 days of being discharged from the hospital. Typically, your infant will see the pediatrician for well-child visits 6 times in the first year, 3 times in the 2nd year and then yearly thereafter. Don't forget your follow-up medical visits after your child is born.



7. Flexible Spending Account:

Use a [Health Care Spending Account](#) to offset medical expenses, including the purchase of a breast pump. Plan your expenses carefully and set aside the amount estimate you will claim during the calendar year.

IRS CODE § 213(d)
allows you to be
reimbursed for the
cost of breast
pumps under flexible
spending accounts.

8. Plan for Childcare:

Childcare costs can vary from \$4,000 to \$12,000 a year depending on the location of your residence and the child care provider. Using a [Dependent Care Spending Account](#) can help defray your costs by using pre-tax dollars. In addition, the County will make a non-taxable monthly contribution (subject to an annual cap) to your account based on your annual base pay.

- Contact the [County of Los Angeles, Office of Child Care](#) for information about subsidized employee Child Care programs.
- For additional childcare services and referrals, contact the Childcare Resource Center at: <http://www.ccrcla.org/>.

9. Take Care of Yourself:

The healthier women and men are before they conceive, the healthier their baby will be. These [pre-conception guidelines](#) can help you be healthy if you decide to become pregnant again