



**BlueCross BlueShield  
of Alabama**

*We cover what matters.*

Gifts for your growing  
family from Baby Yourself®



### Water Mug

The large insulated Baby Yourself tumbler with lid is a great way for the mother-to-be to stay hydrated and healthy.

### Lamb & Blanket

Two gifts in one: this cuddly stuffed lamb holds a soft microfleece blanket. The perfect duo for baby's naptime!



## Choose one



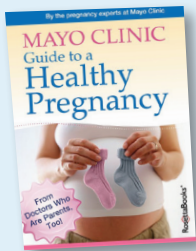
### Breastfeeding, A Parent's Guide

A practical, step-by-step guide for today's busy parents. Detailed drawings, clear instructions, and helpful advice make this the breastfeeding book parents refer to over and over again.



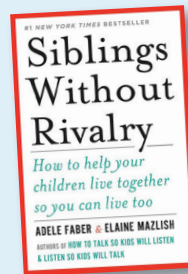
### Mayo Guide to Your Baby's First Year

is an easy-to-use guide that covers baby-care basics to month-by-month development to common illnesses to health and safety and more.



### Mayo Guide to a Healthy Pregnancy

features helpful information for each stage of pregnancy – from conception to delivery and postpartum care to newborn care. This pregnancy guide is updated with the latest research and health practices from healthcare professionals across the nation.



### Siblings Without Rivalry

guides readers down the road to family peace in a fun and compassionate way. Learn strategies to stop sibling arguments, move toward resolutions after a fight and many more things that will bring the harmony back to your home.

## A special gift for young siblings



**The New Baby** can help your other children understand their new role as an older sibling. This easy-to-read book features the classic Little Critter® characters.

 **BABY YOURSELF®  
Maternity Program**



The Baby Yourself Maternity Program is provided by Blue Cross and Blue Shield of Alabama. Gift items offered may vary from those shown above, and are subject to change.

#### **Statement of Nondiscrimination**

Blue Cross and Blue Shield of Alabama complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

#### **Foreign Language Assistance**

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-216-3144 (TTY: 711)

Chinese: 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-216-3144 (TTY: 711)。