



Getting Ready for Baby Checklist

- ♥ **Write a birth plan.**
- ♥ **Let family/friends know if/when you want visitors well in advance.**
- ♥ **Find a midwife/healthcare person.**
- ♥ **Research pregnancy testing, procedures, & vaccines.**
- ♥ **Prepare freezer meals for at least 1 month.**
- ♥ **Arrange postpartum care, if desired.**
- ♥ **Decide what you will wear. Birth gown?**
- ♥ **Maternity/Nursing Clothes.**
- ♥ **Wash baby clothes & essentials.**
- ♥ **Wash baby gear & assemble swing, bouncy seat, car seat & stroller.**
- ♥ **Diapers & wipes.**
- ♥ **Order birth/postpartum supplies (including fountain pads).**
- ♥ **Baby carriers.**
- ♥ **Order birth tub.**
- ♥ **Pack a hospital bag, just in case.**
- ♥ **Gather birth supplies to a box or basket, ready for the midwife.**
- ♥ **Snacks for labor for mom & birth team. Make lactation cookies, buy Mother's Milk tea.**
- ♥ **Clean the house.**
- ♥ **Get entertainment together for yourself and kids for recovery time.**
- ♥ **Pamper yourself. Get your pre-natal massage, mani, pedi & hair done before baby comes.**

Additional Items:

