

Ready for Baby *Checklist*

It's important to take time to establish your support system throughout your pregnancy, in addition to preparing your home and life for your new baby.

Pro Tip: Get comfortable asking for and accepting help!

DURING *Your* First Trimester

- ♥ Decide where you will give birth
 - ☐ Learn about your birth options
 - ☐ Tour hospitals/birthing centers
 - ☐ Preregister at your preferred hospital/birth center
- ♥ Choose your Pregnancy, Care and Support Team
 - ♥ **For Baby:** ☐ Pediatrician
 - ♥ **For You:** ☐ OB/GYN ☐ Doula ☐ Midwife
 - ☐ Lactation Consultant ☐ Pelvic Floor Specialist



DURING *Your* Second Trimester

- ♥ Get fitted for Maternity Compression Garments^{†‡}
 - ☐ Maternity Support Belt[‡]
- ♥ Register for Prenatal, Lamaze, and/or Pregnancy Classes
- ♥ Talk to your HR department
- ♥ Talk to professionals:
 - ☐ Financial Advisor: Babies are expensive!
 - ☐ Estate Attorney: Ask about a trust versus a will
- ♥ Get an Insurance Consultation: understand *exactly* what your plan covers[‡]
 - ☐ Breast Pump[‡] ☐ Pumping Supplies[‡] ☐ Compression Garments[‡]
 - ☐ Lactation Consultant[‡]



DURING *Your* Third Trimester

- ♥ Get Recovery Compression Garments:[‡]
 - ☐ C-Section recovery garments and wound care[‡]
 - ☐ Recovery compression[‡]
- ♥ Get your Breast Pump, Nursing & Pumping Supplies^{†‡}
- ♥ Take a Prenatal Nursing & Lactation Class[‡]
- ♥ Organize, baby-proof, and prep your home and car(s):
 - ☐ Set-up and stock your nursery
 - ☐ Get car seat (and learn how to install it)
 - ☐ Get baby carrier
 - ☐ Learn how to use your new baby gear
- ♥ Pack your Hospital Go-Bag (Don't forget your breast pump and supplies!)
- ♥ Finalize baby name options



^{†‡}Most insurance plans are *required* to cover breast pumps and supplies, and some compression.

Get Your Breast Pump & Nursing Supplies[‡]

- ♥ Breast Pump
- ♥ Breast Pump Bag
- ♥ Haakaa Milk Collector
- ♥ Nursing Bras, Tank Tops, and Camis
- ♥ Nursing Pillow
- ♥ Nipple Cream
- ♥ Pumping Supplies
- ♥ Pumping Bras
- ♥ Milk Collection Cups
- ♥ Nursing-Friendly Clothing
- ♥ Lactation Supplements & Tea
- ♥ Hydrogel Nipple Pads

Did you know?

Most insurance companies are **required** to cover breast pumps and supplies!

Visit

www.NurturingExpressions.com
or call 206-763-2122 to get a
FREE insurance benefits
consultation.

READY *for* Delivery

- ♥ Make a Birth Plan
- ♥ Save key phone numbers as Favorites in your + your partner's phones: hospital/birth center, OB/GYN, doula, midwife, etc.
- ♥ Prepare your car:
 - ☐ Install car seat
 - ☐ Fill your gas tank (and keep it topped off)
 - ☐ Keep a clean towel or waterproof mat in your car
- ♥ Make a care plan for pets and/or older children
 - ☐ Organize information for caretakers
- ♥ Schedule your last appointments

Set Clear Expectations with Visitors

Clearly communicate with family members and guests so everyone is on the same page about **who will be where during your delivery.**

BEFORE *Your* Fourth Trimester

Start preparing for your 4th Trimester (Postpartum) as early as you can. The sooner you start, the quicker you'll finish!

- ♥ Stock up on household products and essential baby items
- ♥ Stock your pantry, fridge, and freezer
- ♥ Clean carpets/rugs (avoid harsh chemicals)
- ♥ Complete any outstanding home projects
- ♥ Baby-Proof: Do a safety walk-through
- ♥ Put a waterproof pad under your sheets or mattress cover on your bed
- ♥ **Pre-Wash:** Baby clothes, sheets, and soft items in "free" or baby detergent
- ♥ **Pre-Wash:** Bottles, pacifiers, and pump parts in hot soapy water
- ♥ Prepay or set upcoming bills to auto-pay
- ♥ Prep for after-baby guests (This is last for a reason! Don't stress over it.)

[‡]Did you know? Nurturing Expressions has all of this!