

THIRD TRIMESTER CHECKLIST

- Pack your hospital bag

- Create a nice space at home for nursing (or bottle feeds)

- Set up the bassinet/crib, swing, and baby monitor

- Prep freezer meals for postpartum

- Determine how you will freeze breastmilk & get supplies

- Make sure you have diapers & wipes ready at home

- Wash newborn and 0-3 month clothing as well as swaddles & blankets

- Pack up/add to your diaper bag

- Communicate visitor expectations to friends & family

- Determine a time or two each day to do kick counts

- Consider taking courses (eg. breastfeeding, sleep, infant CPR)

- Decide on a name (or at least narrow it down to two)

- Enjoy your baby shower & don't forget to send out thank yous

- Install the car seat & put your stroller in the car

- Stock up on household items, pantry items, and your favorite snacks

- Make sure you have postpartum care essentials ready at home

- Double check that everything in your home is baby proofed

- Buy remaining items on your registry & finish setting up the nursery

