







Making Motherhood **Easy**

"Here are some things you might consider checking off your list in the few weeks before baby's birth."

Baby

CHOOSE A PEDIATRICIAN

Put the doctor's contact infos in your phone for forms

O BUY BABY'S BASIC SUPPLIES

Diapers, wipes, diaper cream, sleepers, blanckets..

WASH CLOTHES, SHEETS,

& various covers

O PACK HOSPITAL BAG

See baby hospital bag checklist for detailed list

- **◯** INSTALL THE CAR SEAT
- WASH FEEDING EQUIPMENT
 (STERILIZER)
- **◯** TEST THE BREAST PUMP

Make sure the breast pump works & you know how to operate it

PLAN BABY SLEEPING SET UP IN YOUR ROOM

The nursery might be the picture of perfection, where she will be sleeping in the beginning?

GET NEWBORN SHOOT PROPS

The best time to take photos for the newborn is between day 5 and 7.

THIRD TRIMESTER LIST

Mom

SNAP A PICTURE OF YOU

& YOUR BUMP

O BUY YOUR SUPPLIES

Sanitary pads, nursing bras, & tanks, lanolin cream

Siblings

ASK SOMEONE TO WATCH THE KIDS

If you already have children, make a plan with a trusted someone who can take them when labor comes.

At Home

- PUT SEVERAL MEALS IN THE FREEZER
- STOCK UP ON SUPPLIES

Paper plates, toilet paper, paper towels, diapers, wipes, detergent ...

PAY BILLS IN ADVANCE

- O DOWNLOAD CONTRACTION TIMER APP
- \bigcirc VISIT THE BEAUTY SALON

A pedicure is a treat when you can't reach your toes, & might as well get a fresh haircut.

- WRITE THANK YOU NOTES FOR BABY GIFTS
- **◯** CLEAN HOUSE

This might be a time to splurge, save your back, & call pros



"Are you wondering what to put in your hospital bag? Here's a list, no more confusion, Start your preps!!

Mom

DRIVER'S LICENSE

INSURANCE CARD

PRE- FILLED OUT FORMS

2 SETS OF PJS

(MATERNITY PJS)

ROBE

SOCKS

FLIP FLOPS FOR SHOWER

SHAMPOO/CONDITIONER

FACE WASH

LOTION

LIP BALM

TOOTHBRUSH / PASTE

DEODORANT

EYEGLASSES / CONTACTS

HAIR DRYER

HAIR STRAIGHTENER

BRUSH

HAIR TIE

MAKEUP

CHANGE OF CLOTHES

UNDERWEAR

NURSING BRA / TANK

LANOLIN NIPPLE CREAM

ASK FOR OUR HOSPITAL BAGS

Dad

SOMETHING COMEY TO SLEEP ON THAT AWESOME COUCH

CHANGE OF CLOTHES

FLIP FLOPS

TOOTHBRUSH

DEODORANT

SNACKS

WATER BOTTLE

Others

PHONE/ CHARGER

SWFFT TREAT FOR NURSES

CAMERA

CASH FOR VENDING **MACHINES**



Baby

CAR SEAT

2-3 OVFRALL

GOING HOME OUTFIT

MITTENS

HAT

BLANKET

BURP RAG

NURSING PILLOW

STICKERS FOR **FOOTPRINTS** The hospital might provide these







"Time for the basics. We are listing all your baby must haves"

Wardrobe

- 8 OVERALL WITH FEETS
- 4 BODY SUITS
- 3 SLEEPING GOWNS
- 2 FUN OUTFITS
- 2 PAIRS OF SCRATCH MITTENS
- Q 1 HAT
- 3 PAIRS OF SOCKS
- GENTLE LAUNDRY
 DETERGENT

Crib

- 3 CRIB SHEETS
- 3 MUSLIN BLANKETS
- 4 RECEIVING BLANKETS



BABY BASICS

Changing

- CHANGING PAD
- 2 24 COUNT PACKAGES OF NEWBORN DIAPERS
- WIPES
- Q DIAPER CREAM
- BABY NAIL CLIPPERS
- CHEST OF DRAWER
- CHANGING TABLE

Bath

- BABY SOAP/ BABY LOTION
- BATH TUB
- 2-3 HOODED TOWELS



Feeding

- BREASTFEEDING COVER
- C LANOLIN CREAM FOR MAMA
- Q PUMP
- STORAGE BAGS
- 8 BURP CLOTHS
- 4 PACIFIERS

On the go

Q DIAPER BAG

More

Those were the basics, but here are some things that might make life just a little easier

BOUNCER Q PLASTIC BATHTUB

BABY CARRIER

O DIAPER GENIE Q PACK N PLAY

 ○ BOPPY SWING













"Babies need a lot of gear. Your diaper bag is going to become your home away from home.

Baby



- O DIAPERS
- CHANGING PAD
- AND SANITIZER
- CHANGE OF CLOTHES
- Q socks
- MUSLIN BLANKET
- BURP BAG
- BABY FOOD
- BIB
- SPOON
- 2 FAVORITE TOYS

ASK FOR OUR DIAPER BAGS

Toddler

- □ DIAPERS
- SNACKS
 ideas: fruit pouch, cereal,
 yogurt melts, crackers
- SIPPY OF WATER
- Q BOOK
- SMALL TOYS

Mom

- CELL PHONE
- SUNGLASSES

More

If you still have space & Time, here are a few other things you might want.

- BABY SUNBLOCK
- \bigcirc HAT
- EMPTY PLASTIC BAG
 For dirty diapers or clothes
- TIDE STICK FOR STAINS
- BABY LOTION
- O DIAPER CREAM



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