

THIRD TRIMESTER CHECKLIST

FOR FAMILY

- A Plan for Other Kids/Pets When Labor Starts
- Prep Food
- Get School Stuff Ready



FOR MOM

- Pack Your Hospital Bag
- Pre-Register at the Hospital
- Download a Contraction Counter App
- Have an Idea of Your "Birth Plan"
- Buy Postpartum Survival Products
- Get Your Hair Done

FOR BABY

- Install the Carseat
- A Plan for After the Baby Arrives
- Clean and Put Away Clothes
- Wash + Sterilize Bottles + Pump Pieces
- Put Together Swing
- Get out DockATot and Rock 'n' Play
- Decorate the Nursery!
- Find a Pediatrician

NOTES (OTHER THINGS ON YOUR LIST)