

Third Trimester To-Do Checklist

ESSENTIAL LIST YOU NEED TO PREPARE FOR BABY'S ARRIVAL!

- ❑ Wash and Sanitize Baby Items
- ❑ Prepare Nursery
- ❑ Prepare for Labor (asking questions, reading, hospital tour, childbirth class)
- ❑ Prepare Hospital Bag
- ❑ Prepare Postpartum Care Recovery Kit
- ❑ Drink Red Raspberry Leaf Tea 1x a day, adjusting to 2x then 3x
- ❑ Eat 6 Dates a Day starting at 36 weeks
- ❑ Exercise/Stay Active
- ❑ Install Car Seat
- ❑ Prepare Baby Gear (installing, washing, know how to use)
- ❑ Prepare for Breastfeeding (if nursing)
- ❑ Baby Shower - prepare any last minute decorations or outfit. Send out thank you cards.
- ❑ **RELAX!**

NOTES:

»» Keep in Mind! ««

- ✓ Get lots of rest
- ✓ Stay Active
- ✓ Prepare hospital bag around 34/35 weeks
- ✓ Don't be afraid to ask questions to your doctor, doula or midwife