

Third Trimester Checklist

For Mama & Birth:

- Create a birth plan
- Take a childbirth education class
- Take a breast-feeding class
- Final check ins with doula(s) & placenta encapsulation specialist
- Find a local IBCLC
- Create a labor playlist
- Register at hospital or birth center
- Pack hospital bag (mama, dad, and baby)
- Order free breast pump through insurance
- Plan any final hair & nail appointments
- Purchase postpartum supplies (ie. adult diapers, peri bottle, herbal sitz bath, perineal spray, nipple cream)

For Baby:

- Research Vaccines
- Wash baby clothes
- Prepare going home outfit
- Buy diapers and wipes
- Choose pediatrician
- Install carseat

For Home:

- Plan for child care for siblings
- Stock house with essentials & pantry items
- Plan postpartum meals
- Set bills to autopay
- Plan a final date night
- Prepare birth space & setup tub (home birth)

Extra:

