

preparing for baby

3RD TRIMESTER CHECKLIST

FOR YOUR HOME

- Finish nursery: decor, furniture setup, etc.
- Deep clean
- Stock up on household goods: cleaning supplies, paper products, etc.
- Prepare freezer meals and stock freezer with staples like meat and frozen veggies
- Stock your pantry with staples like flour, pasta, bread, canned goods and favorite snacks

FOR YOUR BABY

- Wash all of baby's clothes
- Sort baby's clothes by size
- Go through old hand-me-downs and determine what you'd like to keep for baby
- Put clothes away in dresser and closet
- Create changing station in your bedroom
- Create changing station in family room/living area
- Confirm baby's name

FOR YOU

- Pack hospital bag
- Self-care: schedule haircut/color, mani/pedi, prenatal massage, etc.
- Date night with dad
- Babymoon

OTHER

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