

PRENATAL PREP

Checklist



To Dos...

- ☐ Tell your healthcare provider
- ☐ Choose a midwife or OB for prenatal care.
- ☐ Schedule and attend regular prenatal visits.
- ☐ Eat a variety of foods and drink enough water
- ☐ Stay moving in pregnancy!
Modify activities as you need.
- ☐ Choose a support team. (Doula, friend, family)
- ☐ Create a birth/postpartum plan
- ☐ Reduce stress if possible.
- ☐ Enroll in a Childbirth Ed Class

Research...

- Supportive/Affirming healthcare providers
- How birth happens & Labour Stages
- Medical & Non Medical Comfort Measures
- Support Strategies for Partners

BRINGING BABY HOME

Checklist



FOR SLEEPING:

- Safe Sleeping Space (bassinet, crib, cosleeper etc.)
- 2 - 4 Sets of Crib Linens
- 3 - 6 Lightweight Blankets
- 1 - 2 Thicker Blankets for Warmth
- Swaddle Blanket (optional)

INFANT HYGIENE:

- Diapers (cloth or disposable) in a range of sizes
- Washcloths
- Diaper Wipes
- Vaseline and/or Diaper Rash Cream
- Soft Towels for Bathing
- Baby Soap and Shampoo
- Baby bathtub or other support for the regular bath
- Cotton Swabs
- Baby Nail clippers or Nail File

CLOTHING:

- 6 - 8 Onesies
- 3 - 6 Footie Pjs
- Pair of Soft Booties
- 1 - 3 Pairs of Sock
- 1 Knit or Cotton Hat
- Season Appropriate Hat for Outdoors
- Dresser/Closet Shelves/Hamper for Storing Baby Clothes

MISCELLANIOUS:

- Car seat/Infant Carrier
- Diaper Bag/Backpack
- Baby Wrap or Sling
- Stroller
- Thermometer

POSTPARTUM RECOVERY

Checklist



SET BOUNDARIES

Avoid uncomfortable or stressful conversations and interactions with eager friends and family members in the first few weeks following your baby's arrival.

ARRANGE PRACTICAL SUPPORT

Meal trains, housekeeping services, clear task division and help with errands will help you focus on recovery and bonding with your newborn.

EAT FOOD & DRINK WATER

Eating a variety of foods and drinking enough water greatly help the recovery process and support postpartum mental wellness.

REST AS MUCH AS POSSIBLE

Optimal physical recovery and good mental wellness require lots of rest! Consider hiring a postpartum doula and/or asking for help if needed!

CONSIDER YOUR MENTAL WELLNESS

Postpartum mood disorders are temporary, common, and treatable. A professional can help you recognize what is "normal" and what could be a sign of a PPMD and create a support plan!

KNOW POSTPARTUM WARNING SIGNS

In the days and weeks following birth, it's important to watch for signs of infection, hemorrhage, or other complications and bring any concerns to your provider

SAFE INFANT SLEEP

Checklist



- ☐ Baby on their back to sleep!
- ☐ Be smoke-free, before and after your baby is born.
- ☐ Nurse your baby. Nursing decreases the risk of SIDS.
- ☐ Sleep space has a firm, flat surface with a tightly fitted sheet.
- ☐ The sleep space has no gaps between the mattress and sides.
- ☐ No loose, soft bedding, bumper pads, pillows or toys.
- ☐ Put baby to sleep is in a crib or bassinet. Avoid leaving them in their car seat or swing to sleep.
- ☐ Place your baby to sleep in a crib or bassinet in the same room as you sleep for the first 6 months.
- ☐ Dress your baby so they do not overheat.
- ☐ If you choose to bed share, the guidelines are generally the same.

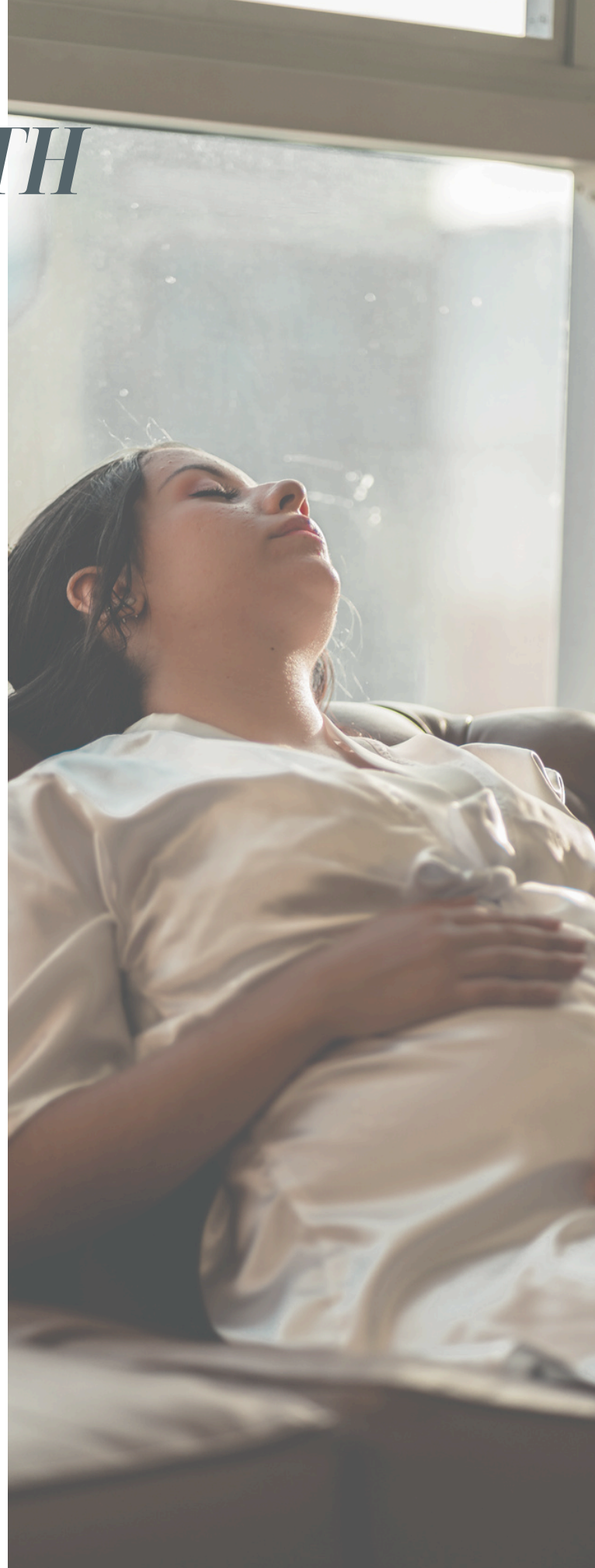


HOME BIRTH

Checklist

- ☐ Midwives Home Birth Checklist (pool, blue pads, etc)
- ☐ Flameless Candle
- ☐ Music
- ☐ Water Bottle W/ Straw
- ☐ Birth Partner/Support
- ☐ Birth Plan/Preferences
- ☐ Comfortable Postpartum Panties/Diapers
- ☐ Nursing Bra/pads (if you're choosing to breastfeed)
- ☐ Heat/Cold Pack
- ☐ Hand-Held Fan
- ☐ Gum
- ☐ Snacks
- ☐ Massage oil
- ☐ Toiletries (toothbrush, shampoo, deodorant, etc.)
- ☐ Hair ties, scrunchies, headband
- ☐ Swaddle blanket/sleep sack
- ☐ Soother (if you're choosing to use one)
- ☐ Activities for the kids (if you have other children)
- ☐ Essential Oils and Diffuser
- ☐ Laundry Baskets
- ☐ Dark Sheets on your bed/Mattress waterproof cover
- ☐ Hospital Transfer Bag Ready

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



HOSPITAL BIRTH

Checklist



- ☐ Music
- ☐ Flameless Candle
- ☐ Birth Partner/Support
- ☐ Water Bottle W/ Straw
- ☐ Long Phone Charger
- ☐ Slippers
- ☐ Birth Plan/Preferences
- ☐ Comfortable Postpartum Panties
- ☐ Pillow
- ☐ Comfy Gown, Pjs, or Housecoat
- ☐ Nursing Bra and Pads (if nursing)
- ☐ Heat/Cold Pack
- ☐ Hand-Held Fan
- ☐ Gum
- ☐ Snacks
- ☐ Unscented Massage oil
- ☐ Makeup (if it helps you feel more put together)
- ☐ Toiletries (toothbrush, toothpaste, deodorant etc.)
- ☐ Hair ties, scrunchies, headband
- ☐ Going Home Outfits for Baby
- ☐ Swaddle blanket/sleep sack
- ☐ Soother (if you're choosing to use one)
- ☐ Car seat properly installed in your vehicle
- ☐ Camera
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



HOME BIRTH PREP

Checklist



Here are the important things to consider when planning a home birth!

- | | |
|---|--|
| ☐ Get a supply list from your midwife including what you will need | ☐ Create a music playlist and get a portable speaker |
| ☐ For a planned water birth, look in local buy and sell groups for a pool. | ☐ Make plans for other children. (activities, care, etc) |
| ☐ Choose the space you want to birth in (living room, bedroom, bathroom) | ☐ Make a list of who to call to look after pets/children in the event of a transfer |
| ☐ Create a routine for your labour and include is as part of your birth plan | ☐ Discuss and ask questions about reasons for transfer with your midwife |
| ☐ Place towels and comfort supplies in places you can comfortably labour | ☐ Pack an emergency transfer bag just in case. |



BIRTH PREFERENCES

Wishlist

Due Date : _____

Partner Name: _____

Dr/ OB: _____

Relationship: _____

Place of birth: _____

Present For Birth: YES___ NO___

The most important thing to me about my birth is:

During Labour I Would Like:

- ☐ Dim lighting
- ☐ Music
- ☐ To be free to walk/move around
- ☐ To eat/drink as I please
- ☐ To try different positions
- ☐ To use a birth ball

For Pain Management I Would Like:

- ☐ Acupressure
- ☐ To use breathing techniques
- ☐ Hydrotherapy (bath and shower)
- ☐ Massage
- ☐ Distraction
- ☐ TENS
- ☐ Laughing gas
- ☐ Open to epidural
- ☐ Open to narcotics
- ☐ Essential oils (for nausea or other)

During the Pushing Phase I Would Like:

- ☐ To push as my body feels it needs to
- ☐ To avoid the use of forceps or vacuum
- ☐ To be coached
- ☐ To avoid an episiotomy (unless medically necessary)
- ☐ To avoid a tear by using a warm compress
- ☐ To birth/push in whatever position feels comfortable to me

After the Birth I Would Like:

- ☐ Immediate skin to skin
- ☐ _____ to cut the cord
- ☐ Delayed cord clamping
- ☐ Newborn procedures to be done on me
- ☐ Oxytocin shot
- ☐ Vitamin K (Baby)
- ☐ Erythromycin (Baby)
- ☐ To attempt to latch as soon as possible.

After the Birth I Would Like:

- ☐ To be allowed to sleep uninterrupted.
- ☐ To breastfeed
- ☐ To formula feed
- ☐ To pump/combination feed
- ☐ To feed on demand
- ☐ To feed on a schedule
- ☐ To have Tylenol/Ibuprofen for after-pains

Other Notes and Needs:



RECOMMENDED READING

Checklist

Congratulations on making the decision to take charge of your prenatal education! Here is my go-to list of practical, evidence-based books about pregnancy, childbirth, and the postpartum period!

- ☐ Pregnancy Childbirth & The Newborn - The Complete Guide by Penny Simkin & Others
- ☐ Mayo Clinic Guide to a Healthy Pregnancy by Myra J. Wick
- ☐ The Birth Partner by Penny Simkin
- ☐ Caesarean Birth: A Positive Approach to Preparation and Recovery By Leigh East
- ☐ The Complete Book of Breastfeeding by Marvin S. Eiger, MD & Sally Wendkos Olds
- ☐ The First 40 Day: The Essential Art of Nourishing The New Mother by Amely Greeven, Heng Ou and Marisa Belger
- ☐ The Fourth Trimester by Kimberly Ann Johnson
- ☐ The Motherhood Complex by Abimbola Akande
- ☐ The Womanly Art of Breastfeeding by Diane Wiessinger, Diana West, and Teresa Pitman

Many of these books are available on Amazon, Thriftbooks, Indigo Books, and Audible (audiobooks). You can also check with your local library, thrift stores, Doula/childbirth educators and parenting groups for copies you may be able to borrow!
