

# Third Trimester Checklist

- Write out birth preferences
- Prepare and store some freezer meals
- Tour hospital birth center
- Begin assembling items for hospital bags
- Determine what baby items are still needed, and purchase
- Assemble only the baby gear you will be using first
- Practice with baby carrier/wraps
- Create first aid and grooming kits for baby
- Purchase diapers and wipes
- Pre-register at the hospital
- Install car seat, and have it checked
- Pack hospital bags: for mommy, daddy and baby
- Wash baby clothes and put them away
- Assemble and position bassinet
- Purchase and familiarize yourself with breast pump
- Clean and organize the house
- Review birth information, and prepare for labor
- Stock up on postpartum needs (things you will need to care for your body, after giving birth)
- Self-care: read, get pedicures, get a massage, sleep, meditate, and breathe.