PREPARING FOR BABY

Step by step guide to help you get ready for baby

Nine months preparing to fall in love for a lifetime

This book belongs to :

Yay! We are pregnant

DUE DATE

FIRST TRIMESTER DATES

SECOND TRIMESTER DATES

THIRD TRIMESTER DATES

First Trimester Checklist

- [ ] START TAKING PRENATAL VITAMINS
- [ ] UNDERSTAND HEALTH INSURANCE & DEDUCTIBLES
- [ ] LOOK FOR AN OBGYN OR MIDWIFE
- [ ] MAKE AN APPOINTMENT WITH OBGYN/MIDWIFE
- [ ] FIGURE OUT MEDICAL HISTORY
- [ ] COMPILE A LIST OF CURRENT MEDICATIONS
- [ ] CHANGE UNHEALTHY HABITS
- [ ] AVOID CERTAIN FOODS
- [ ] GATHER MORNING SICKNESS REMEDIES
- [ ] KNOW THE DANGER SIGNS
- [ ] PLAN PREGNANCY ANNOUNCEMENT
- [ ] GET A PREGNANCY PLANNER & JOURNAL

Let's pick an obgyn/midwife

HEALTH INSURANCE DETAILS

DOC ONE

DOC TWO

DOC THREE

FINAL CHOICE

APPOINTMENT DATE

My medical history

CONDITIONS

SURGERIES

MEDICATIONS

My partners history

CONDITIONS

SURGERIES

MEDICATIONS

Healthy lifestyle

HABITS TO KICK

FOODS TO AVOID EATING

VITAMINS/ SUPPLEMENTS TO TAKE

Daily health goals

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Pregnancy announcement

IDEAS

DATE /PLACE

OUR DECISION

THINGS TO ORDER/ DO

End of first trimester check-in

CONCERNS

NEEDS MY ATTENTION

ITEMS TO COMPLETE

Second Trimester Checklist

- [ ] TALK ABOUT FINANCES WITH YOUR PARTNER
- [ ] BUILD A BUDGET
- [ ] CREATE A BABY REGISTRY
- [ ] BRAINSTORM BABY NAMES
- [ ] BUY MATERNITY CLOTHES
- [ ] PLAN A BABYMOON
- [ ] PLAN BABY'S NURSERY
- [ ] DECIDE IF YOU WANT TO FIND BABY'S GENDER
- [ ] GENDER REVEAL
- [ ] EXPLORE BIRTHING CLASSES
- [ ] BOND WITH THE BABY
- [ ] LOOK FOR CHILDCARE OPTIONS

Second Trimester Checklist

- [ ] DO KEGELS
- [ ] START USING A STRETCH MARK CREAM
- [ ] PLAN THE BABY SHOWER
- [ ] GET A BABY BOOK
- [ ] CONTACT A PHOTOGRAPHER FOR MATERNITY PHOTOSHOOT
- [ ] START LEARNING ABOUT LABOR & DELIVERY

Dreams for the year

ONE

TWO

THREE

Dreams for the year

FOUR

FIVE

SIX

Convert dreams to smart goals

GOALS	COST	DEADLINE

Our budget before baby

INCOME

SOURCE OF INCOME	AMOUNT	REMARKS

EXPENSES

CATEGORY	AMOUNT	REMARKS

Pre-Baby Expenses

PRENATAL CO-PAY	MISC. PRENATAL	HOSPITAL & BIRTH OUT OF POCKET
NURSERY	STROLLER	CAR SEAT
SWING/ BOUNCER	BASSINET	MISC. ITEMS

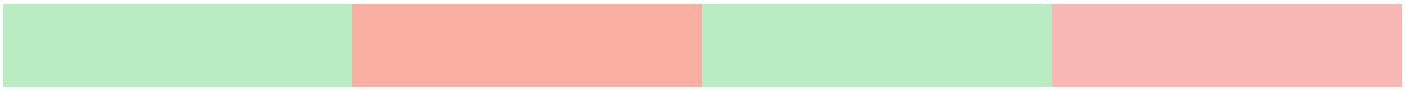
TOTAL ESTIMATED EXPENSES =

Post-Baby Expenses

EXPENSE	ONE TIME COST	RECURRING
Baby Wellness Visits		
Co-Pays & Medication		
Heath Insurance		
Child Care		
Formula		
Diapers / Wipes		
TOTAL		

Our budget with baby

TOTAL INCOME + **TOTAL EXPENSES** = **SAVINGS** + **TOTAL LEFT OVER**



INCOME

SOURCE OF INCOME	AMOUNT	REMARKS

EXPENSES

CATEGORY	AMOUNT	REMARKS

Baby Registry Checklist

NURSERY

- [ ] Crib
- [ ] Crib Mattress
- [ ] Fitted Crib Sheets (2)
- [ ] Mattress Pad
- [ ] Changing Table/ Dresser
- [ ] Changing Pad
- [ ] Changing Pad Covers(2)
- [ ] Changing Pad Liners
- [ ] Nursery Chair
- [ ] Storage Bins
- [ ] Hamper

FEEDING

- [ ] Nursing Pillow
- [ ] Breast milk storage bags
- [ ] 4 oz Bottles
- [ ] Dishwasher Basekt
- [ ] Bottle Drying Rack
- [ ] Bottle Brush
- [ ] Bottle Warmer
- [ ] Formula
- [ ] Bibs
- [ ] Burp Cloths
- [ ] High Chair

GEAR

- [ ] Infant Car Seat & Base
- [ ] Stroller
- [ ] Stroller Accessories
- [ ] Travel Crib
- [ ] Travel Fitted Sheets
- [ ] Baby Carrier/ Wrap
- [ ] Bouncy Seat
- [ ] Shopping Cart Cover
- [ ] Baby Swing

BATHING

- [ ] Infant Tub
- [ ] Hooded Towels
- [ ] Wash Cloths
- [ ] Baby Body Wash
- [ ] Baby Shampoo
- [ ] Baby Lotion
- [ ] Bath Toys
- [ ] Bath Kneeler
- [ ] Bath Toy Storage

CLOTHING

- [ ] Coming home outfit
- [ ] Newborn Onesies
- [ ] 0-3 /3-6 M Onesies
- [ ] 0-3/3-6 M Sleep 'N Plays
- [ ] 0-3/3-6 M Pants
- [ ] 0-3/3-6 M Sleeper Gowns
- [ ] Socks
- [ ] Mittens & Hats
- [ ] Clothing Dividers

HEALTH & SAFETY

- [ ] infant Grooming Kit
- [ ] Humidifier
- [ ] White Noise Machine
- [ ] Thermometer & Aspirator
- [ ] Baby Monitor
- [ ] Night Light
- [ ] Baby Gates
- [ ] Outlet Caps
- [ ] Furniture/ TV Straps

DIAPERING

- [ ] Diapers
- [ ] Baby Wipes
- [ ] Diaper Rash Cream
- [ ] Diaper Pail
- [ ] Diaper Pail Liners
- [ ] Diaper Bag

TOYS

- [ ] Rattles
- [ ] Teething Toys
- [ ] Play Mat
- [ ] Mobile
- [ ] Activity Gym
- [ ] Books

FOR MOM

- [ ] Postpartum Recovery Kit
- [ ] Birthing Gown
- [ ] Nursing Pads
- [ ] Nipple Cream
- [ ] Nursing Bras & Camis
- [ ] Coming Home Outfit

Names we love

GIRLS NAMES

BOYS NAMES

FINAL PICKS

Planning our babymoon

AVAILABLE DATES

POTENTIAL DESTINATIONS

DATE:

DESTINATION:

THINGS TO DO:

Our Babymoon Itinerary

TRIP TO :

DAY ONE AND TWO

DAY THREE AND FOUR

DAY FIVE AND SIX

Nursery Design Plans

STYLE

COLORS

VIBE

CRIB

NURSING CHAIR

DRESSER/ CHANGING TABLE

DECOR PIECES

SKETCH THE LAYOUT

Nursery Design Budget

EXPENSE	ESSENTIAL	NICE TO HAVE

Gender Reveal

THINGS TO DO

PEOPLE TO CALL

MENU

Birthing Classes

BEST CLASSES

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

WHAT I WANT FROM THE CLASS

CHOOSE A CLASS!

Child Care

CHILD CARE OPTION I

WHAT WE LIKE

COSTS

OBSERVATIONS FROM SITE VISIT

AVAILABLE

WAITLIST

Child Care

CHILD CARE OPTION 2

WHAT WE LIKE

COSTS

OBSERVATIONS FROM SITE VISIT

AVAILABLE	WAITLIST

Child Care

CHILD CARE OPTION 3

WHAT WE LIKE

COSTS

OBSERVATIONS FROM SITE VISIT

AVAILABLE

WAITLIST

Baby Shower Planning Checklist

5-7 WEEKS IN ADVANCE

- [ ] SET A DATE & TIME
- [ ] PREPARE GUEST LIST
- [ ] PICK A VENUE
- [ ] CHOOSE A THEME
- [ ] BUY INVITATIONS
- [ ] MAIL INVITATIONS
- [ ] MAKE MENU

2-3 WEEKS IN ADVANCE

- [ ] BUY OR MAKE DECOR
- [ ] PURCHASE BABY GIFT
- [ ] BUY PRIZES & FAVORS
- [ ] CONFIRM RESERVATIONS
- [ ] RESERVE RENTAL SUPPLIES
- [ ] FINALIZE THE MENU
- [ ]

1 WEEK IN ADVANCE

- [ ] ORDER FLOWERS
- [ ] FINALIZE GUEST LIST
- [ ] GET THE GAMES READY
- [ ] DELEGATE TASKS
- [ ]
- [ ]
- [ ]

DAY BEFORE/ DAY OF

- [ ] PREPARE FOOD
- [ ] PICK UP FLOWERS
- [ ] WORK ON THE DECOR
- [ ] SET UP THE ROOM
- [ ]
- [ ]
- [ ]

Maternity photoshoot

THINGS TO DO

- [ ] FIND A PHOTOGRAPHER
- [ ] BOOK A PHOTOGRAPHER
- [ ] FINALIZE LOCATION & ATTIRE

NOTES

End of second trimester check-in

CONCERNS

NEEDS MY ATTENTION

ITEMS TO COMPLETE

Third trimester checklist

- [ ] MAKE FREEZER MEALS
- [ ] MAKE A MEAL PLAN FOR FIRST 2 MONTHS POSTPARTUM
- [ ] CLEAN AND ORGANIZE THE HOUSE
- [ ] BABY PROOF THE HOUSE
- [ ] DECORATE THE NURSERY
- [ ] SET UP A DIAPERING STATION
- [ ] PUT TOGETHER A POSTPARTUM KIT
- [ ] LABOR PREP / BIRTH PLAN
- [ ] PACK THE HOSPITAL BAG
- [ ] INSTALL CAR SEAT
- [ ] INTERVIEW AND PICK A PEDIATRICIAN
- [ ] SET UP AUTOMATIC PAYMENTS FOR ANY AND ALL RECURRING BILLS

Freezer meals checklist

MEAL

MEAL

MEAL

MEAL

MEAL

MEAL

MEAL

THINGS TO BUY

NOTES:

Freezer meals checklist

MEAL

MEAL

MEAL

MEAL

MEAL

MEAL

MEAL

THINGS TO BUY

NOTES:

Postpartum Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDSAY				
FRIDAY				
SATURDAY				
SUNDAY				

Postpartum Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDSAY				
FRIDAY				
SATURDAY				
SUNDAY				

Postpartum Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDSAY				
FRIDAY				
SATURDAY				
SUNDAY				

Organizing the home

NURSERY

- DIAPER STATION
- BREASTFEEDING STATION
- NURSERY CLOSET
- NURSERY DRESSER
- NURSERY ESSENTIALS

KITCHEN

- BOTTLE FEEDING ESSENTIALS
- FREEZER MEALS
- STOCKPILE ESSENTIALS

MASTER BEDROOM

- BASSINET
- DIAPER KIT
- BREASTFEEDING ESSENTIALS

LIVING ROOM

- PACK N PLAY
- BOUNCER
- NURSING PILLOW

BATHROOM

- POSTPARTUM BASKET
- BATHING ESSENTIALS

LAUNDRY

- BABY CLOTHES DETERGENT
- HAMPER

LAUNDRY

- DIAPER BAG
- HOSPITAL BAG

12 WEEK ORGANIZING CHALLENGE BEFORE BABY

WEEK 1

NURSERY

- [ ] FINALIZE DESIGN PLAN
- [ ] EMPTY OUT ROOM & PAINT
- [ ] PICK NURSERY FURNITURE & ACCESSORIES

WEEK 2

KIDS / GUEST BEDROOM

- [ ] DE-CLUTTER THE ROOMS
- [ ] ORGANIZE THE ROOMS
- [ ] DONATE TOYS/CLOTHES TO GOODWILL

WEEK 3

SET UP NURSERY & ORGANIZE CLOSET

- [ ] BUILD THE NURSERY FURNITURE
- [ ] PLACE FURNITURE AND ACCESSORIZE THE NURSERY
- [ ] ORGANIZE THE NURSERY CLOSET

12 WEEK ORGANIZING CHALLENGE BEFORE BABY

WEEK 4

MASTER BEDROOM & CLOSET

- [ ] REARRANGE MASTER BEDROOM FURNITURE
- [ ] MAKE SPACE FOR THE BASSINET
- [ ] PURGE & ORGANIZE THE CLOSET

WEEK 5

MAKE FREEZER MEALS

- [ ] MAKE A MEAL PLAN
- [ ] GO GROCERY SHOPPING
- [ ] PREPARE FREEZER MEALS

WEEK 6

ORGANIZE KITCHEN/PANTRY & STOCKPILE GROCERIES

- [ ] CLEAN & ORGANIZE CABINETS/ COUNTERTOP
- [ ] ORGANIZE THE PANTRY
- [ ] STOCKPILE NON PERISHABLES

12 WEEK ORGANIZING CHALLENGE BEFORE BABY

WEEK 7

SET UP MUST HAVE STATIONS

- [ ] SET UP DIAPERING STATION
- [ ] SET UP PUMPING STATION & BREASTFEEDING NOOK
- [ ] POSTPARTUM BASKET

WEEK 8

PACK THE HOSPITAL BAG & DIAPER BAG

- [ ] CLEAN AND ORGANIZE THE MUDROOM
- [ ] PACK THE HOSPITAL BAG
- [ ] PACK THE DIAPER BAG

WEEK 9

CLEAN & ORGANIZE BATHROOMS /LIVING ROOM

- [ ] CLEAN CABINETS/COUNTERTOPS
- [ ] SCRUB THE TOILET, SINK, TUB & SHOWER
- [ ] ORGANIZE THE LIVING ROOM

12 WEEK ORGANIZING CHALLEGE BEFORE BABY

WEEK 10

SET UP BABY GEAR & INSTALL CAR SEAT

- [ ] SET UP THE BASSINET, BOUNCER, PLAYPEN ETC
- [ ] DECLUTTER & CLEAN CAR
- [ ] INSTALL CAR SEAT

WEEK 11

CLEANING, VACUUMING, STEAM CLEANING

- [ ] CLEAN BASEBORDS AND DUST
- [ ] VACUUM FLOORS
- [ ] STEAM CLEAN CARPETS

WEEK 12

CATCH UP!!

- [ ]
- [ ]
- [ ]

Baby Proofing Checklist

GENERAL SAFETY

- [ ] Secure heavy furniture
- [ ] Cover sharp covers
- [ ] Replace blinds that have cords
- [ ] Anchor the television
- [ ] Make sure plants are safe for babies
- [ ] Keep small objects out of reach
- [ ] Use door stoppers
- [ ] Get a carbon monoxide detector
- [ ] Install smoke detectors
- [ ] Keep temperature at 65-72 degrees
- [ ] Water temperature below 120 degrees
- [ ] Install baby gates!
- [ ] Keep medicines out of reach
- [ ] Keep household cleaners high up
- [ ] Install latches on appliances /oven
- [ ] Secure doors garage and cellar
- [ ] Keep magnets off the refrigerator
- [ ] Move couches and beds away from balconies and windows
- [ ] Keep firearms unloaded and locked in a cabinet.

Notes

SLEEP SAFETY

- [ ] Crib with current safety standards
- [ ] Crib free of pillows & bumpers
- [ ] Use a baby monitor
- [ ] Place crib away from windows.etc
- [ ] Use child proof locks on drawers
- [ ] Make sure the mattress is firm

BATH SAFETY

- [ ] Latch on toilet and cabinets
- [ ] Cover the water spout in the tub
- [ ] Keep bathroom trash in cabinet
- [ ] Keep shampoos and soaps out of reach

POISON CONTROL NUMBER

1-800-222-1222

Diapering station checklist

- [ ] Diapers
- [ ] Wipes
- [ ] Wipe Dispenser
- [ ] Changing Pad
- [ ] Changing Pad Cover
- [ ] Disposable Changing Pads
- [ ] Diaper Pail
- [ ] Diaper Bag Refills
- [ ] Diaper Bag Dispenser
- [ ] Baskets or a Cart
- [ ] Grooming Kit
- [ ] Thermometer
- [ ] Cradle Cap Brush
- [ ] Diaper Cream
- [ ] Cream Applicator
- [ ] Baby Clothes
- [ ] First Aid Kit
- [ ] Toys
- [ ] Pacifier
- [ ] Hand Sanitizer

Postpartum checklist

- [ ] FRIDABABY MOMWASHER PERI BOTTLE
- [ ] TUCKS MEDICATED COOLING PADS
- [ ] LANSINOH SOOTHIES GEL PADS
- [ ] LANSINOH LANOLIN NIPPLE CREAM
- [ ] ALWAYS MAXI OVERNIGHT FEMININE PADS WITH WINGS
- [ ] HERBAL PERINEAL SPRAY BY EARTH MAMA
- [ ] MEDLINE DELUXE PERINEAL COLD PACKS WITH ADHESIVE STRIP
- [ ] FRIDA MOM DISPOSABLE POSTPARTUM UNDERWEAR
- [ ] SOOTHIC SITZ BATH SEAT
- [ ] EPSOM SALT
- [ ] COLACE STOOL SOFTNER
- [ ] NURSING BRAS
- [ ]
- [ ]

Let's pick a pediatricain

HEALTH INSURANCE DETAILS

DOC ONE	DOC TWO	DOC THREE

FINAL CHOICE:

CONTACT DETAILS:

Pediatrician Interview Questions

- Why did he/she choose to become a pediatrician?
- What does she/he love the most about being a pediatrician?
- What advice does the doctor have for new parents?
- How long has the doctor been in practice?
- Is the practice open on weekends?
- Can you get same day appointments?
- Who covers for the doctor when she/he is off on vacation/ days off?
- What is the best way to communicate with the doctor?

Notes

Hospital Bag Checklist

FOR MOM

- [ ] Birthing gown
- [ ] 2-3 Nursing Tanks
- [ ] 2-3 Nursing Bras
- [ ] 2-3 Yoga Pants
- [ ] Slippers
- [ ] 2-3 Socks
- [ ] Shower Flip Flops
- [ ] Robe
- [ ] 2-3 Pajamas
- [ ] Going Home Outfit
- [ ] Big Undies
- [ ] Nipple Cream
- [ ] Lip Balm
- [ ] Toiletries
- [ ] Make Up (Optional)
- [ ] Glasses
- [ ] Contacts

FOR DAD

- [ ] 2-3 Outfits
- [ ] Toiletries
- [ ] Pajamas
- [ ] Camera
- [ ] Phone
- [ ] Batteries
- [ ] Chargers
- [ ] Laptop/ IPad
- [ ] Glasses/ Contacts
- [ ] Ibuprofen

FOR BOTH

- [ ] Cash, Credit Cards, Coins
- [ ] Playlist
- [ ] Insurance/ Drivers License
- [ ] Gum/ Lollipops/ Snacks
- [ ] Folder / Notebook

FOR BABY

- [ ] Car Seat
- [ ] Going Home Outfit
- [ ] 2-3 Gowns
- [ ] Newborn cap, mittens, and booties
- [ ] 2-3 Swaddles
- [ ] Burp Cloths
- [ ] Baby Blanket
- [ ] Sleep Sack

NOTES

NOTES

NOTES