

Expecting Parents Checklist

Everything
You Want to
Know about
Becoming a
Parent



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Expecting Parents Checklist

THINGS TO KNOW

This is the exciting, if not sometimes nerve-wracking, part of becoming a parent. You've got 9 months to get things in order and it seems like a long time but it sure goes by in a blink! Take a deep breath, and remember that it's okay to ask for help along the way. In this document, find important things to do and items to acquire before and after your baby arrives.

You've
got
this!



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Before Baby Arrives



Health & Medical

Choose a Pediatrician:

Research and select a pediatrician before the baby arrives.

Prenatal Vitamins:

Continue taking prenatal vitamins as recommended by your healthcare provider.

Choose a Birth Doula:

This invaluable support not only assists you before, during, and after your labor, but also your partner.

Birth Plan:

Discuss and finalize your birth plan with your healthcare provider.

Hospital Pre-Registration:

Pre-register at your chosen hospital or birthing center.

Maternity Leave:

Finalize your maternity leave plan with your employer.

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Before Baby Arrives



Clothing:

- 6-8 onesies or rompers
- 4-6 sleepers or gowns
- 2-4 pairs of socks or booties
- 2-4 swaddle blankets

Diapering:

- Newborn diapers (disposable or cloth)
- Baby wipes
- Diaper rash cream
- Diaper bag

Feeding:

- Bottles (if bottle-feeding)
- Formula (if not breastfeeding)
- Nursing bras and pads (if breastfeeding)
- Burp cloths

Sleep:

- Crib or bassinet with a firm mattress
- 2-3 fitted crib sheets
- Baby monitor

Car Seat:

Hire a licensed CPST to educate you on car seat safety and learn how to install a car seat correctly every time.



Baby's Essentials

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Before Baby Arrives



Crib/Bassinet:

Ensure it meets current safety standards for safe sleep.

Changing Table:

Stock with diapers, wipes, and other essentials.

Rocking Chair/Glider:

For feeding and soothing the baby.

Clothing Storage:

Organize baby's clothes in drawers or a closet.

Babyproofing:

Secure furniture to the wall.
Cover electrical outlets.
Install safety gates if needed.

Nursery Set-Up



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Before Baby Arrives

For Birthing Person:

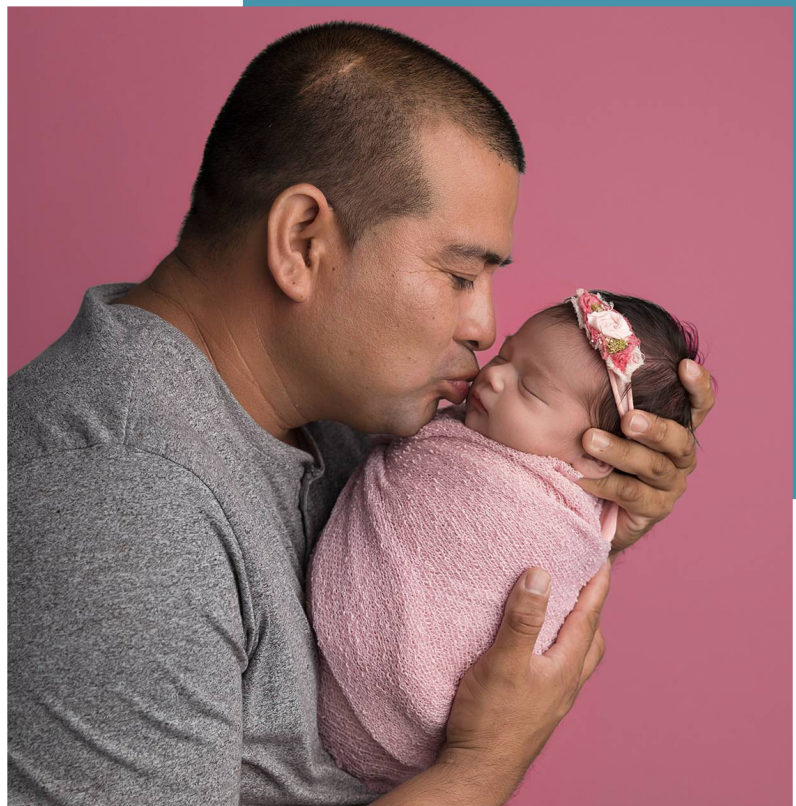
Comfortable clothing (robe,
loose-fitting outfit)
Nursing bra and pads
Toiletries (toothbrush,
toothpaste, shampoo, etc.)
Phone and charger
Snacks and water bottle

For Baby:

2-3 newborn outfits
Blanket
Car seat
(installed and ready to go)

For Partner:

Change of clothes
Toiletries
Camera and charger
List of important contacts



Hospital Bag Checklist

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Before Baby Arrives



Baby Shower

Let someone else do the planning and enjoy your special day

Maternity Photos

Consider a progress pregnancy session to document all stages of your pregnancy

Newborn Photos

Book a newborn photographer before you deliver to ensure availability once baby arrives.

A Note to Baby

Write your baby a letter detailing out your hopes and dreams for them – save it and give it to them when they're older.

Making Memories

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After Baby Arrives

Self-Care:

Rest as much as possible.
Stay hydrated and eat nutritious
meals.

Use postpartum pads and care
products as needed.

Ask for help from family and
friends when needed.

Doctor's Appointments:

Schedule and attend postpartum
check-ups.

Schedule baby's first
pediatrician visit.



Postpartum Care

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After Baby Arrives



Newborn Photos:

Contact your pre-booked photographer to schedule the newborn photography session.

Send Announcements:

Have your photographer create announcement cards to friends and family. You can also use them as thank you cards.

Baby Book:

Start a baby book to document milestones and memories.

Footprints and Handprints:

Capture baby's footprints and handprints.

Documenting Memories



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After Baby Arrives

Introducing Siblings:

Gently introduce the baby to older siblings, involving them in baby care.

Managing Visitors:

Set boundaries for visitors and ensure you have time to rest.



Family Adjustments

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After Baby Arrives



Feeding:

Establish a feeding routine, whether breastfeeding or formula-feeding.

Sleeping:

Create a safe sleep environment (back to sleep, no loose bedding).

Bonding:

Spend time bonding with your baby through skin-to-skin contact and talking.

Read books, sing songs, and have conversations with them

Baby's First Weeks

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After Baby Arrives



Parenting Classes and Support Groups:

Consider taking parenting or baby care classes.

Join new parent support groups or online communities.

Groups and classes are a great way to meet others who are having similar experiences.

Emergency Contacts:

Keep a list of emergency contacts handy, including your pediatrician and local hospital.



Additional Resources