

PREPARING FOR YOUR NEWBORN

PREPARING FOR THE ARRIVAL OF A NEW BABY IS AN EXCITING TIME, BUT IT CAN ALSO BE OVERWHELMING. HERE ARE SOME STEPS NEW PARENTS CAN TAKE TO PREPARE:



BIRTH PLAN

Discuss your preferences for labor and delivery with your healthcare provider and create a birthing plan that outlines your wishes. Also include aspects you wish to avoid during your labor and delivery.

Including the following:
Position you want to give birth in. Pain relief you prefer. Who you would like to be present at the birth.



CHILD BIRTHING CLASSES

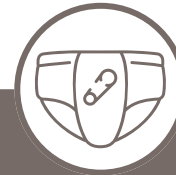
Consider taking childbirth classes to learn about labor, delivery, and newborn care. Research shows that parents who have taken child birthing classes express more confidence and preparedness for childbirth and are less likely to request an epidural.



SETTING UP THE NURSERY

Prepare the baby's nursery with essential items such as a crib, changing table, and storage for baby clothes and supplies.

Creating a safe and comfortable environment will help everyone transition into the early days at home.



STOCK UP ON ESSENTIALS

Purchase diapers, wipes, baby clothes, bottles, formula (if needed), blankets, breast pump (if you plan to breast feed), car seat, stroller and other essentials.

Having the essential baby gear on hand ahead of time will take a lot of stress out of returning home and finding new routines with your baby.



PACK A HOSPITAL BAG

In the beginning of your third trimester it's important to pack a bag with essentials for your hospital stay, including toiletries, comfortable clothing, snacks, and items for the baby. Have a copy of your birth plan, insurance cards

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INSTALL A CAR SEAT

Install the car seat correctly in your vehicle and learn how to secure your baby safely.

Your local highway patrol office can show you the proper way to install a car seat if you should have any questions.



PLAN FOR BABY'S ARRIVAL

Plan how you will get to the hospital or birthing center when the time comes, and have a backup plan in case of unexpected circumstances.



ARRANGE FOR HELP

Line up help from family or friends for the first few weeks after the baby is born to assist with meals, housework, or childcare.

PREPARING FOR YOUR NEWBORN CHECKLIST



BEFORE THE BABY ARRIVES

Baby Gear

- Crib or Bassinet
- Car Seat
- Diapers
- Clothing (Onsies, Sleepers, Socks, Hats)
- Baby Blanket
- Baby Toiletries

Feeding Supplies

- Formula (if not breastfeeding)
- Bottles and Nipples
- Breasts Pump (If Breastfeeding)



BEFORE THE BABY ARRIVES

Health and Safety

- Baby Monitor
- First aid kit for infants
- Baby Thermometer
- Childproofing Supplies (outlet covers, cabinet locks)

Nursery Preparation

- Decorate the nursery
- Set up the crib
- Wash and organize baby clothes and bedding



BEFORE THE BABY ARRIVES

Postpartum Supplies

- Maternity Pads
- Nursing bras and pads

Educational Resources

- Parenting books
- Prenatal Classes

Prenatal Care

- Schedule regular prenatal check-ups with your healthcare provider.

PREPARING FOR YOUR NEWBORN CHECKLIST



DURING DELIVERY AND LABOR

Hospital Bag

- Birthing Plan
- Comfortable clothing
- Toiletries
- Snacks
- Insurance Information

Relaxation Tools

- Music
- Stress Balls
- Aromatherapy



DURING DELIVERY AND LABOR

Support System

- Contact information for your healthcare provider and support persons.
- Transportation arrangements to the hospital or birthing center

Comfort Items

- Pillow & blankets
- Birth ball or chair



DURING DELIVERY AND LABOR

Knowledge and Preparedness

- Understanding of the stages of labor
- Breathing and relaxation techniques

PREPARING FOR YOUR NEWBORN CHECKLIST



AFTER THE BABY ARRIVES

Newborn Care

- Baby feeding schedule
- Diaper changing routine
- Bathing schedule

Health and Wellness

- Schedule baby's first pediatrician appointment
- Postpartum check-up for the mother
- Vaccination schedule



AFTER THE BABY ARRIVES

Support Network

- Set up help from family and friends
- Join a new parents' support group

Self-Care

- Rest when the baby sleeps
- Eat nutritious meals
- Stay hydrated



AFTER THE BABY ARRIVES

Bonding and Development

- Skin-to-skin contact
- Reading to the baby
- Reading to the baby