

BABY PREPARATION CHECKLIST FOR EXPECTING PARENTS

PRENATAL & MEDICAL

- Schedule all prenatal appointments
- Sign up for a childbirth class
- Choose a pediatrician before birth

FINANCE & WORK

- Create a baby budget
- Review health insurance coverage
- Confirm parental leave with employer

HOME & SAFETY

- Clean, organize, and baby-proof the home
- Set up a safe sleep space
- Install and inspect the infant car seat

BABY GEAR & HOSPITAL

- Buy all essential baby gear
- Pack hospital bag by week 35

SUPPORT & RELATIONSHIPS

- Arrange help from family and friends
- Talk with your partner shared responsibilities

MENTAL & EMOTIONAL

- Meal prep for the newborn phase
- Take care of your emotional well-being

One step at a time. You've got this.