

Checklist for the Third Trimester: Preparing for Baby

You're in the third trimester, which lasts from weeks 28 to 40. That means you're almost ready to meet your baby! This time is fascinating (and a little scary) as you get everything prepared for the big day. You can stay organized and feel a lot less stressed about labor, delivery, and the first few days with your new baby if you have a checklist.

This guide will help you get ready for the baby by making sure you know everything you need to know, from taking care of your health to getting your home ready and thinking about what you might need at the hospital.

Why a Third Trimester Checklist is Useful

- Keep things in order and on track.
- Pay attention to the things that are most important for your health and safety.
- Make your home ready for the new member.
- Take care of practical things like money and maternity leave.
- Have more faith when it's time to give birth.

Getting Ready for Health and Wellness

- Go to all of your prenatal appointments.
- Sign up for a class on giving birth and raising kids.
- Pay attention to what you eat and drink.
- Take care of common aches and pains.

Getting Your House Ready

- Get the nursery ready.
- Get a lot of baby supplies.
- Make meals for the freezer.
- Clean and organize thoroughly.

Preparing for the Hospital and Labor

- Get Your Hospital Bag Ready.

- Finish Your Birth Plan.
- Pre-Register at the Hospital.
- Put in the car seat and check it.

Planning for Money and Life

- Look over maternity and paternity leave.
- Put Important Papers in Order.
- Plan for the Costs of a Baby.

Preparing for Relationships and Emotions

- Talk to Your Partner.
- Make Your Support Network.
- Practice Relaxation.

Getting Ready for Baby's Health

- Choose a Pediatrician.
- Learn the basics of infant CPR and safety.
- Look up health and vaccination guidelines.

List of Things to Do in the Last Few Weeks

- Keep your car's gas tank full and your phone charged.
- Make a list of people you want to talk to, like family and friends.
- If you have older siblings, think about getting them a small gift.
- Make sure someone will take care of your pets while you're in the hospital.
- If you already have kids, make sure your childcare plans are still good.

Example from Real Life: Smooth Sailing

Sarah, who was having her first child, said that using a checklist helped her feel more relaxed. By 36 weeks, she had taken prenatal classes, made meals, and packed her hospital bag. So, when labor started early at 38 weeks, she felt prepared.