

# MAMA'S COMPLETE BEFORE-BABY CHECK-LIST

Visit [motheroffawn.com](http://motheroffawn.com) for the full post!

## WEEKS 4-8

- Get that positive pregnancy test
- Buy a pregnancy book
- Make your first OB/GYN appointment
- Take prenatal vitamins
- Download a pregnancy app

## WEEKS 8-12

- Get lots of rest
- Share news with close family & friends
- Make sure you're eating well
- Wear your favorite clothes before bump!
- Find an iron supplement

## WEEKS 12-16

- Announce news to rest of world
- Start a gentle workout routine
- Buy a good maternity body pillow
- Start a baby registry
- Talk to partner about birth expectations

## WEEKS 16-20

- Schedule prenatal classes/hospital tour
- Start researching doulas
- Start researching pediatricians
- 20-week ultrasound scan
- Buy maternity pants/leggings

## WEEKS 20-25

- Finish baby registry
- Start planning baby shower
- Re-visit budget/update finances
- Research car seats/cribs/strollers
- Book a maternity photo shoot
- Start college fund for baby
- Buy more maternity clothes
- Change/update insurance plan

## WEEKS 25-30

- Interview doulas
- Take a baby moon
- Buy a baby book
- Write a birth plan
- Agree on a name
- Interview potential pediatricians
- Finalize maternity leave

## WEEKS 30-34

- Enjoy your baby shower
- Prepare a baby first-aid kit
- Maternity photo shoot
- Find a newborn photographer
- Prepare pets for baby
- Get a prenatal massage

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- Buy a cozy robe to wear at home
- Finish buying items on registry
- Send thank-yous for shower gifts
- Get breast pump through insurance

## **WEEKS 34-37**

- Pack hospital bag
- Finalize the nursery
- Get a haircut
- Finalize pet care during birth
- Install car seat
- Add baby to insurance
- Make final choice of pediatrician
- Prepare postpartum care kit
- Find a lactation consultant
- Go over birth plan with doula/doctor
- Wash baby clothes and bedding
- Mani/Pedi treat for mama
- Buy daddy a special gift
- Attend a birthing class
- Attend a breastfeeding class
- Take a hospital tour

## **WEEKS 37-40**

- Prepare food for when baby comes
- Stock up on lots of snacks

## **ADD YOUR OWN**

- Enjoy one last date night as a couple
- Make a list of affirmations for labor
- Prenatal Yoga
- Relax & Breathe