

THIRD TRIMESTER CHECKLIST

THE THIRD TRIMESTER

- Start doing daily kick counts at 36 weeks
- Prepare any older siblings for your baby's birth. Check out our blog post for some videos they can watch.
- Take a newborn care / breastfeeding class. Birth Class Seattle offers them monthly. Read more at birthclassseattle.com
- Make plans for pets and older siblings for when you are in labor and the days afterward when you may either be away from home or needing extra help.
- If you are having a home birth, schedule someone to come whose only task will be to take care of any older siblings.
- Do a practice drive to the hospital or birth center. If you are planning a home birth, do a practice drive to the hospital anyway, in case you need to transfer. It can be helpful to know how to get there and where to park before the big day.
- Make a birth plan and go over it with your doctor or midwife and your doula.
- Pack your hospital bag. Make a list of anything that will need to be added and leave it on top of the bag.
- Get a prenatal belly and baby massage to balance out your pelvic ligaments and prepare your body for labor
- Choose your pediatrician
- Stock up on personal and comfort items for you for postpartum.
- Fill the freezer with easy to prepare meals for postpartum and stock the cupboards with non-perishable snacks that can be eaten one handed.
- Plan your postpartum help. Hire a postpartum doula if needed. Research lactation consultants and perinatal mental health professionals in your area

Birth Class
Seattle

