

# THINGS TO DO BEFORE BABY

#	Task	Status Done / Later	Notes
1	Stock up on postpartum recovery items.	<input type="radio"/> <input type="radio"/>	
2	Prepare a cozy postpartum recovery kit.	<input type="radio"/> <input type="radio"/>	
3	Arrange for a postpartum doula or support.	<input type="radio"/> <input type="radio"/>	
4	Plan for mental health support and resources.	<input type="radio"/> <input type="radio"/>	
5	Discuss and plan for visitors after the baby is born.	<input type="radio"/> <input type="radio"/>	
6	Finalize the baby's name and discuss how to announce it.	<input type="radio"/> <input type="radio"/>	
7	Pack the hospital bag for mom, dad, and baby.	<input type="radio"/> <input type="radio"/>	
8	Ensure emergency contact numbers are ready.	<input type="radio"/> <input type="radio"/>	
9	Get familiarized with baby CPR and basic first aid.	<input type="radio"/> <input type="radio"/>	
10	Check that health insurance is set up and covers everything.	<input type="radio"/> <input type="radio"/>	
11	Prepare at least 1 month of meals and freeze them.	<input type="radio"/> <input type="radio"/>	
12	Stock up on diapers. (Newborn & Size 1)	<input type="radio"/> <input type="radio"/>	
13	Ensure the home is stocked with basic household supplies.	<input type="radio"/> <input type="radio"/>	
14	Ensure pet supplies are stocked and accessible.	<input type="radio"/> <input type="radio"/>	
15	Organize baby feeding supplies.	<input type="radio"/> <input type="radio"/>	
16	Complete the baby nursery set up.	<input type="radio"/> <input type="radio"/>	
17	Wash all baby clothes.	<input type="radio"/> <input type="radio"/>	
18	Organize baby clothes in drawers or closets.	<input type="radio"/> <input type="radio"/>	
19	Set up the diaper caddy or diaper cart.	<input type="radio"/> <input type="radio"/>	

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20	Make sure all baby areas are baby-proofed.	<input type="radio"/> <input type="radio"/>	
21	Install and check the car seat.	<input type="radio"/> <input type="radio"/>	
22	Set up a baby first aid kit with essentials.	<input type="radio"/> <input type="radio"/>	
23	Assemble and test baby gear.	<input type="radio"/> <input type="radio"/>	
24	Make sure all baby toys and accessories are safe.	<input type="radio"/> <input type="radio"/>	
25	Set up a baby laundry basket for soiled clothes.	<input type="radio"/> <input type="radio"/>	
26	Create a system for tracking feeding and diaper changes.	<input type="radio"/> <input type="radio"/>	
27	Set up a comfortable breastfeeding or feeding station.	<input type="radio"/> <input type="radio"/>	
28	Plan for newborn photos or a photo shoot.	<input type="radio"/> <input type="radio"/>	
29	Arrange a birth announcement.	<input type="radio"/> <input type="radio"/>	
30	Pre-book newborn doctor appointments.	<input type="radio"/> <input type="radio"/>	
31	Organize the baby's medical records and documents.	<input type="radio"/> <input type="radio"/>	
32	Write a birth plan.	<input type="radio"/> <input type="radio"/>	
33	Plan for pet introductions to the baby.	<input type="radio"/> <input type="radio"/>	
34	Deep clean the house before the baby arrives.	<input type="radio"/> <input type="radio"/>	
35	Arrange for childcare for older siblings or pets.	<input type="radio"/> <input type="radio"/>	
36	Create a chore schedule to delegate tasks after the baby arrives.	<input type="radio"/> <input type="radio"/>	
37	Sanitize the baby room.	<input type="radio"/> <input type="radio"/>	
38	Prepare an overnight bag for unexpected hospital stays.	<input type="radio"/> <input type="radio"/>	