



Birth Preparedness Checklist

As you move toward your due date, being prepared will help you feel more relaxed and confident about becoming parents. Remember that your “due date” begins 2 weeks before your EDD, so it’s important to be ready!

36 WEEKS (4 WEEKS BEFORE EDD)

Pelvic rocks (cat/cow) two or three times a day for 15 to 20 minutes each time to help prevent back labor Take short naps, whenever you have the opportunity

Listen to your relaxation tracks at least once a day

Call or email your doula after each of your doctor’s appointments

Increase your water intake (you should already be drinking 1 oz. of water for each two pounds of your body weight per day) Fruits and vegetables are great sources of water

-- the most waterlogged fruits and vegetables are watermelon, oranges, apples, cucumbers, iceberg lettuce, and tomatoes. Eating these will help with fluid retention and swelling, too! Dehydration can cause pre-term labor.

DATES! Eat 6 dates a day for a shorter, easier labor.

37 WEEKS (3 WEEKS BEFORE EDD)

Bags packed (see What to Pack handout for details)
Alternative route to hospital prepared in case of traffic problems

Prepare at least two food baskets or bags (for the labor and postpartum nurses) Car seat installed properly
Continue doing what is on the 36 week list

38 WEEKS (2 WEEKS BEFORE EDD)

Continue doing what is on the 36 week list
Gentle perineal massage (see handout on my website)

LEAVING FOR THE HOSPITAL

Call Marta, your Doula.

Eat before you go!

Grab your bags (packing list in Resources on my website)

Call Labor & Delivery and ask for a nurse who supports natural labor

Sit on a waterproof pad in case of you water breaking

Do NOT speed :P

