

Birth Preparation Checklist

Education

- Childbirth Class
- Postpartum Class
- Newborn Care Class
- Breastfeeding Class
- Infant CPR
- Birth Doula
- Relationship Class (Bringing Baby Home, Becoming Us, etc.)

Birth Location

- Tour
- Pre-registration
- Comfort Measures & Tools Available
 - Peanut Ball/ Birth Ball
 - Squat Bar
 - Birth Stool
 - Pain Medication
 - Tub/Jacuzzi

Mental

- Mantra or affirmations
- Positive birth stories
- List of things that make you feel safe
- Positive birth word association e.g. waves vs contractions, birth location vs hospital
- Get your questions answered from your providers
- Finalize your birth plan
- Create mental gate keepers e.g. When I'm faced with a decision, I will do A, B, C.
- Talk with your partner about your support needs
- List of items that help you relax

Emotions

- Practice kind and gentle self-talk
- Breathing exercises to calm the mind
- List of your support team who uplift you
- Note resentment and stress and process
- Note fear and anxiety and process
- Take time to connect with baby
- Take time to connect with partner
- Take time to connect with family

Postpartum

- List of support team
- Lactation Consultant
- Pelvic Floor Therapist
- Maternal Mental Health Counselor/Therapist
- New Parent Group
- Postpartum Doula

What else?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Those are just suggestions to pick and choose from. Please, don't feel like you have to DO and KNOW everything :)