



Birth Prep 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

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

37 WEEKS

Bags packed

Alternative route to hospital prepared in case of traffic problems

Car seat installed properly

Continue doing what is on the 36 week list

38 WEEKS

Continue doing what is on the 36 week list

Gentle perineal massage if you would like

LEAVING FOR THE HOSPITAL -- EAT BEFORE YOU LEAVE

Bags packed (separate bags for labor and postpartum)

Two or more pillows with colorful pillowcases (not your favorite pillows or pillowcases - they may get destroyed during labor!)

Towel and large sheet of plastic or trash bag in car (in case of release of membranes)

Something to throw up in during the car ride, just in case

Chargers for phones and other electronic equipment