

Birth Prep List:

- ☐ I/we have found a provider who we feel comfortable with and who will support the kind of birth we want
- ☐ I/we are familiar with our birthing locations policies,
- ☐ Have done a tour,
- ☐ Know the best route to get there and
- ☐ Have pre-registered
- ☐ I/we have taken a birthing class and/or read books to know
 - The physiology of birth
 - Coping tools to use throughout labor
- ☐ I/we have a birth plan and
- ☐ I/we have a postpartum plan
- ☐ I/we have interviewed/hired a doula
- ☐ Packed a birth bag
- ☐ Downloaded a contraction timing app
- ☐ Purchased and set up at home basic baby gear and baby care items
- ☐ Hired/arranged birth and/or newborn photographer/videographer
- ☐ Take maternity photos
- ☐ Plan a fun date with spouse, kids and/or pamper time before due date

