

Baby Planner

A prep checklist for the weeks before your baby arrives

Baby's Name _____

Date _____

Nursery & Gear

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|---|--|
| ☐ Crib or bassinet set up, firm mattress, no loose bedding | ☐ Car seat purchased and installed |
| ☐ Changing station stocked with diapers and wipes | ☐ Baby monitor, if you want one |
| ☐ Diaper pail or bin near the changing area | ☐ Bottles and a bottle brush, even if breastfeeding |
| ☐ Swaddles, sleep sacks, and a few onesies washed | ☐ Thermometer and infant nail clippers |

Health & Paperwork

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|--|---|
| ☐ Pediatrician chosen and first visit scheduled | ☐ Hospital pre-registration completed |
| ☐ Insurance updated to add the baby | ☐ Birth certificate and Social Security paperwork researched |
| ☐ Maternity or parental leave arranged with your employer | ☐ Childcare plan researched, if you'll need it |

Around the House

- | | |
|--|---|
| ☐ Freezer meals made or a meal plan lined up | ☐ A support person lined up for the first weeks home |
| ☐ Pet introductions planned, if you have pets | ☐ Older siblings prepped for the new arrival |

Worth remembering. Car seats have to be installed correctly to do their job, most fire departments and hospitals offer a free seat check if you're not sure yours is right.