

NESTING PARTY CHECKLIST



KITCHEN AND FOOD

- ☐ **Freezer Meal Prep:** Chop veggies, assemble lasagna/casserole trays, portion out soups/crockpot dumps into freezer-safe bags
- ☐ **Snack Station:** Set up a basket of easy-grab/non-perishable snacks (granola bars, nuts, dried fruit, protein shakes)
- ☐ **Grocery Run:** Do a stock up of essentials like paper towels/TP, coffee, paper plates/bowls, and easy prep breakfast items

BABY PREP

- ☐ **Laundry Duty:** wash, dry, and fold all the newborn clothes, swaddles, and blankets using baby-safe detergent
- ☐ **Organizing:** Sort diaper sizes, organize the changing table supplies, and put away shower gifts
- ☐ **Nursery finishing touches:** Assemble any last-minute furniture, hang wall art, or double check that the car seat is properly installed

HOME MAINTENANCE

- ☐ **Deep Clean:** Tackle the big stuff like scrubbing the tub, vacuuming, and mopping so the house feels fresh
- ☐ **Declutter:** Clear off surfaces that might become dumping grounds for baby stuff
- ☐ **Trash/recycling:** Take out any old clutter or boxes
- ☐ **Often Overlooked:** Replace lightbulbs, filters, and fix any small issues (the new parents won't have the time or energy once the baby comes)

CARE FOR MOM CREW

- ☐ **Relaxation Corner:** If anyone has extra time, help set up a cozy spot for mom to sit with the baby (a water bottle, phone charger, and cozy blanket nearby)

PRO TIPS

- ☐ Have a fun playlist going
- ☐ Provide refreshments
- ☐ DON'T feel guilty about sitting back and taking on a "director" role while your village does the heavy lifting!