



The checklist below is meant to be used as a tool to help you prepare for your birthing and postpartum journey.

**You DO NOT need to check all the boxes. You DO NOT need to have this all figured out.  
If this list brings negative thoughts and feelings, throw it away or set it aside until you're ready to process.**

The purpose of this checklist is to help you feel prepared, confident and empowered. The fact that you are considering this list and looking through it means that you are a good parent who is already doing incredible work for the well-being and benefit for yourself and your family!

### 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
  - o Peanut Ball/ Birth Ball
  - o Squat Bar
  - o Birth Stool
  - o Pain Medication
  - o 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?

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