

The Ultimate

Birth & Postpartum Prep Checklist

“What am I forgetting?” or “Am I really ready for this?”
Pregnancy, birth, and postpartum come with a million decisions—and it’s easy to feel overwhelmed by all the advice, checklists, and must-haves.



**Your Step-by-Step Guide to
Feeling Prepared, Confident &
Supported from Bump to Baby**

THE ULTIMATE

Birth & Postpartum Prep Checklist

✓ PREGNANCY PREP CHECKLIST

- ☐ Choose Your Birth Team: OB, Midwife, Doula (Know Your Options)
- ☐ Take a High-Quality Prenatal Vitamin → [Best Prenatal Vitamin](#)
- ☐ Create a Birth Plan (But Stay Flexible)
- ☐ Attend a Birth Class (Hint: Not Just a Hospital Class!)
- ☐ Understand Common Interventions & Your Choices
- ☐ Research Pain Relief Options (Epidural, Breathing, Hypnobabies, etc.)
- ☐ Plan for Postpartum Recovery (Because It's Not Just About Birth!)
- ☐ Prepare for Breastfeeding (Lactation Support, Pumping, Bottles?)
- ☐ Pack Your Hospital Bag by 36 Weeks
- ☐ Install the Car Seat (Have It Checked by a Certified Tech!)
- ☐ Stock Up on Freezer Meals or Easy Snacks

💡 Need help making a birth plan? Get our Birth Plan Guide inside the Birth & Baby Toolkit!

✓ BIRTH PLAN ESSENTIALS CHECKLIST

- ☐ Where Will You Give Birth? (Hospital, Birth Center, Home)
- ☐ Who's on Your Birth Team? (Partner, Doula, Midwife, OB)
- ☐ Pain Management Plan? (Epidural, Nitrous, Hydrotherapy, Breathing)
- ☐ Labor Preferences? (Movement, Positions, Eating/Drinking)
- ☐ Pushing Preferences? (Coached vs. Spontaneous)
- ☐ Immediate Post-Birth Preferences? (Skin-to-Skin, Delayed Cord Clamping, Golden Hour)
- ☐ Newborn Procedures? (Eye Ointment, Vitamin K, Hepatitis B)
- ☐ Emergency Plan? (What If You Need a C-Section?)

💡 Pro Tip: Make two copies of your birth plan—one for your provider and one for your partner/doula.

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HOSPITAL BAG CHECKLIST

(Don't Overpack!)

For You

- ☐ ID, Insurance Card, Birth Plan
- ☐ Comfy Labor Gown or Robe
- ☐ Lip Balm & Hair Ties (Labor Must-Haves!)
- ☐ Snacks & Electrolyte Drinks
- ☐ Nursing Bra → [Best Nursing Bras](#)
- ☐ Breast Pads → [Leak-Proof Breast Pads](#)
- ☐ Loose, Comfy Going-Home Outfit
- ☐ Extra-Long Phone Charger

For Baby

- ☐ Car Seat (Installed!)
- ☐ Going-Home Outfit (Bring 2 Sizes)
- ☐ Blanket for Car Ride Home
- ☐ Newborn Hat & Mittens
- ☐ Diapers → [Best Disposable Diapers](#)
- ☐ Wipes (Hospital Provides Some)

 Want a full guide on what to REALLY pack? It's inside the Birth & Baby Toolkit!

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POSTPARTUM RECOVERY MUST-HAVES

Support your healing and comfort after birth.

- ☐ **Peri Bottle** → [Best Peri Bottle for Postpartum](#)
- ☐ **Maxi Pads or Adult Diapers (Expect Heavy Bleeding!)**
- ☐ **Witch Hazel Pads for Healing** → [Best Witch Hazel Pads](#)
- ☐ **Sitz Bath & Epsom Salt for Healing** → [Best Sitz Bath](#)
- ☐ **Nipple Cream for Breastfeeding Comfort** → [Best Nipple Cream](#)
- ☐ **Belly Binder for Extra Support** → [Best Belly Binder](#)
- ☐ **Lactation Support (Consult or Online Resources Ready?)**
- ☐ **A Plan for REST! (You'll Need It!)**

 Learn how to heal faster in our guide: [The Postpartum Recovery Timeline!](#)

NEWBORN CARE ESSENTIALS CHECKLIST

Learn what to expect and prepare for the first few weeks.

- ☐ Master Diaper Changes (It's a Skill!)
- ☐ Understand Newborn Sleep (It's Not What You Think!)
- ☐ Know When & How Often to Feed Baby
- ☐ Have a Plan for Baby's First Pediatric Visit
- ☐ Learn About Normal Newborn Poop Stages (So You Don't Panic!)

 Newborn sleep struggles? Get the [Baby Sleep Cheat Sheet](#) inside the Birth & Baby Toolkit!

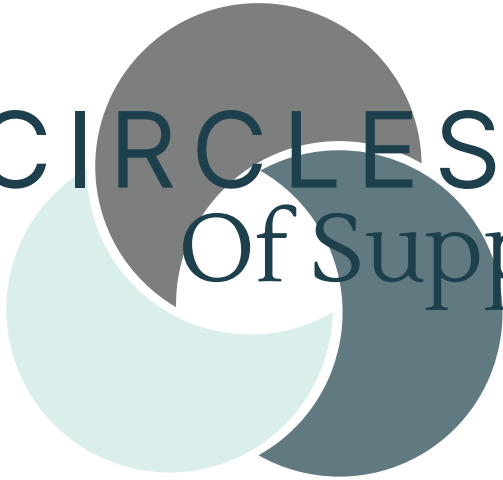
Three Circles Of Support



**How to Build Your Postpartum
Support Team & Get the Help
You Actually Need**



THREE CIRCLES Of Support



THINK OF YOUR POSTPARTUM SUPPORT AS
THREE OVERLAPPING CIRCLES, EACH
SERVING A DIFFERENT ROLE.



The Innermost Circle (Your Inner Team)

The people who can be in your most vulnerable space.



The Middle Circle (Your Hands-On Helpers)

The people who can help with practical tasks but don't need to see you topless and bleeding.



The Outer Circle (Your Community Helpers)

The people who love you and want to help but don't need to be in your home for long.

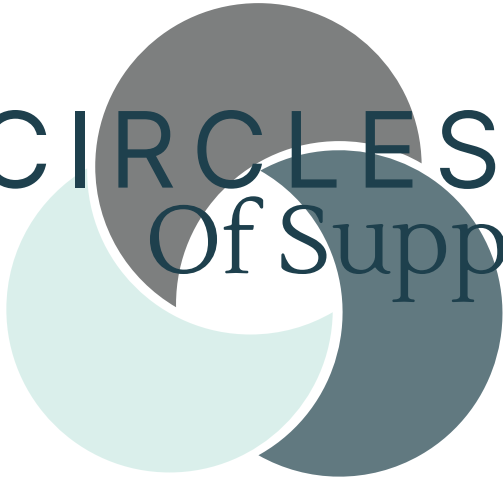


Start by listing the names of people in your life who fit into each category. Then, ask them before the baby arrives if they'd like to be part of your Transition Team.

📌 Pro Tip: Instead of asking, "Can you help me?" try, "I'd love for you to be on my Postpartum Support Team! Would you be comfortable helping in one of these ways?"



THREE CIRCLES Of Support



CIRCLE 2: YOUR HANDS-ON HELPERS (THE MIDDLE CIRCLE)

These are the people you trust in your home, but they're not necessarily the ones you'd want helping with your postpartum pads or holding your crying baby while you vent.

They might:

- ✓ Wash dishes & clean up the kitchen
- ✓ Fold laundry & change sheets
- ✓ Prepare meals (or reheat food for you!)
- ✓ Take care of older children (playdates, school drop-offs, etc.)
- ✓ Run errands (picking up groceries, pharmacy trips, etc.)

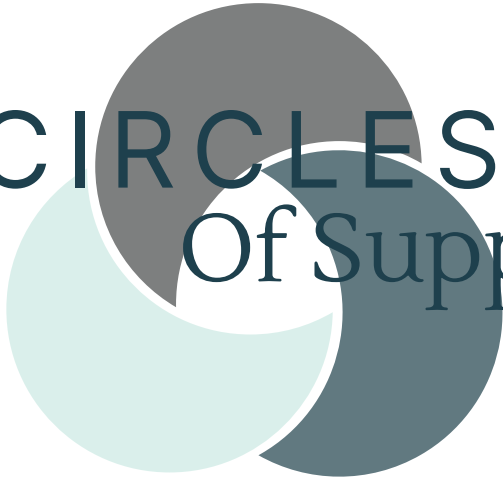
✦ Who belongs in this circle?

- ✓ Close friends
- ✓ Supportive in-laws
- ✓ Cousins or extended family members
- ✓ Close neighbors
- ✓ Church/community group members

✦ Ask them: "I'd love your help during postpartum—are you comfortable doing things like dishes or running small errands?"



THREE CIRCLES Of Support



CIRCLE 3: YOUR COMMUNITY HELPERS (THE LARGEST CIRCLE)

These are people who love and support you but don't need to be in your home for long. They want to help, but they don't need to see you in a vulnerable state.

They might:

- ✓ Drop off a meal (without expecting a visit!)
- ✓ Deliver groceries or household supplies
- ✓ Drive older kids to activities
- ✓ Send supportive texts or check-ins
- ✓ Walk your dog or take pets for a short visit

✦ Who belongs in this circle?

- ✓ Acquaintances who offered help
- ✓ Parents of your kids' friends
- ✓ Work colleagues
- ✓ More distant relatives
- ✓ Members of community or faith-based groups

✦ Ask them: "Would you be open to dropping off a meal or helping with small errands during my first few weeks postpartum?"



THREE CIRCLES Of Support

MAKING THE ASK (WITHOUT FEELING AWKWARD)

It might feel weird to ask for help, but most people love being part of something meaningful—especially if they know exactly how to contribute.

Option 1: Let People Choose Their Role

💬 "I'm putting together a Transition Team for after baby arrives. Would you like to be part of it? If so, what types of things would you enjoy helping with?"

- ✅ This allows people to choose something they genuinely want to do.
- ✅ You might be surprised by creative ideas (someone might say, "I'd love to bake you postpartum muffins!").

Option 2: Assign Based on Circles

Once someone agrees to be on your team, you can say:

💬 "That's amazing! I put together a list of things I'll need help with—here's what I was thinking for you!"

- ✅ This removes the pressure on them to figure out how to help.
- ✅ You've already organized tasks so no one is overburdened.



THREE CIRCLES Of Support

FINAL STEP: PUT IT ALL IN ONE PLACE

Now that you've built your team, it's time to make it official!

-  Create a simple Postpartum Support Plan document:
- ✓ List your three circles and who's in each
- ✓ Note what they're helping with
- ✓ Share it with your partner or doula so they can help coordinate

 Want a printable version of this? It's included inside the Birth & Baby Toolkit!

Take the Stress Out of Postpartum!

- ♥ When you plan ahead, you'll actually get the support you need.
-  Download the full Birth & Baby Toolkit for step-by-step postpartum planning!
-  Click here to grab yours now! [Insert link]

