



FREE
Birth Prep
Checklist

WWW.BORN-TO-BIRTH.COM



There is a lot to plan for before having a baby, and you don't always know if you've done it all. Here is a birth preparation checklist to make sure you have.

- I/we have a provider we feel comfortable with and who supports the kind of birth we want
- I/we are familiar with our birthing location's policies and have done a tour, I know the best route to go at all times of day, and I have pre-registered (if necessary)
- Have taken a birthing class, read books, or prepared for birth to know:
 - 1. The physiology of birth
 - 2. The coping tools I can use throughout labor
- I/we know my preferences before, during, and after birth
- I/we know what baby procedures we want/don't want
- I/we have created a **birth plan** that:
 - 1. Includes those preferences I care most about
 - 2. Is simple & concise
 - 3. Has been reviewed by my provider



- Have interviewed and hired a [doula](#)
- Know who will be at the birth with me/us & have assigned each person a role
- Childcare and/or animal care arranged for all times of day (if needed)
- Pack birth bag
- Baby name options
- Download contraction timing app
- Basic baby gear and baby care items bought (including car seat)
- Take maternity photos
- Hire a birth and/or newborn photographer/videographer
- Plan [fun date](#) with partner, kids and/or pamper time for yourself