

# Third Trimester CHECKLIST



## Hospital

- Hospital tour(s)
- Pre-register at hospital
- Order Frida Mom products
- Purchase nursing bras
- Finalize birth plan
- Pack my hospital bag
- Pack baby's hospital bag

## Home

- Finalize nursery decor
- Assemble bassinet and crib
- Install car seat
- Set-up baby monitor
- Organize post-partum cart
- Wash and sterilize bottles and pump parts
- Meal prep/plan

## Baby

- Order breast pump
- Wash baby clothes
- Choose a pediatrician
- Take birth class
- Sign up for infant CPR class
- Decide about cord blood banking
- Register with daycare (if applicable)
- Purchase diaper bag

## Other Tasks

- Finish baby registry
- Plan baby shower
- Coordinate maternity leave (if applicable)
- Go on babymoon
- Take maternity photos