



Third Trimester Checklist

Pack your hospital bag

Make meals to freeze

Stock up on household items

Wash baby's clothes and linens

Sterilize baby bottles/breast pump/accessories

Install car seat and assemble baby gear

Prepare for postpartum recovery

Prepare for breastfeeding

Purchase last-minute baby items

Narrow down baby names

Take a childbirth class

Download a contraction tracker

Wrap up maternity leave plans

Make plans for other children and/or pets

Declutter, clean, and organize

Choose a pediatrician
