

# Third Trimester Checklist

## THINGS TO DO BEFORE YOU GIVE BIRTH

- Buy birth supplies/pack hospital bag
- Create birth playlist
- Gather essential oils/difusser
- Create birth affirmations (cards, voice recording, Hypnobirthing, Birth in the Glory)
- Read/memorize more scriptures
- Finish any birth books, stories, or podcasts
- Take maternity photos
- Babymoon or date night with husband or partner
- Prepare for birth (birth class, birth course, reading Bible, nail down birth plan—who will come to the birth, when will you call family/midwife/OB)
- Wrap up any work stuff
- Gather postpartum essentials for yourself (disposable underwear, peri bottle, herbal bath, etc.)
- Baby shower (get any essentials you did not receive)
- Write and send thank-you cards
- Stock up on shelf stable groceries
- Postpartum meal prep
- Deep clean (house and car)
- Take care of things with your current children/animals (maybe spend one-on-one time with them, figure out scheduling, who can help with them)
- Wrap up home projects
- Declutter/take any donations
- Get all baby stuff ready and washed
- Organize the nursery/baby items
- Install car seat
- Make decisions on—vaccines, eye ointment, cord clamping, etc.
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