



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
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