

# Birth Preparedness Checklist

As you move toward your due date, being prepared will help you feel more relaxed and confident about becoming parents. Remember that your “due date” begins 2 weeks before your EDD, so it’s important to be ready!

## 36 WEEKS (4 WEEKS BEFORE EDD)

Pelvic rocks (cat/cow) two or three times a day for 15 to 20 minutes each time to help prevent back labor  
Take short naps, whenever you have the opportunity  
Listen to your relaxation tracks at least once a day  
Call or email your doula after each of your doctor’s appointments  
Increase your water intake (**you should already be drinking 1 oz. of water for each two pounds of your body weight per day**) Fruits and vegetables are great sources of water -- the most waterlogged fruits and vegetables are watermelon, oranges, apples, cucumbers, iceberg lettuce, and tomatoes. Eating these will help with fluid retention and swelling, too! **Dehydration can cause pre-term labor.**  
DATES! Eat 6 dates a day for a shorter, easier labor.

## 37 WEEKS (3 WEEKS BEFORE EDD)

Bags packed (see What to Pack handout for details)  
Alternative route to hospital prepared in case of traffic problems  
Prepare at least two food baskets or bags (for the labor and postpartum nurses)  
Car seat installed properly  
Continue doing what is on the 36 week list

## 38 WEEKS (2 WEEKS BEFORE EDD)

Continue doing what is on the 36 week list  
Gentle perineal massage (see handout on my website)

## LEAVING FOR THE HOSPITAL -- EAT BEFORE YOU LEAVE

Bags packed (separate bags for labor and postpartum)  
Ice chest, juice and snacks (yogurt, bananas, soup, fruit, etc.) for mom and partner  
Insurance card and copy of pre-admission paperwork  
Phone list and contraction timer filled out for hospital staff  
Two or more pillows with colorful pillowcases (not your favorite pillows or pillowcases - they may get destroyed during labor!)  
Towel and large sheet of plastic or trash bag in car (in case of release of membranes) or flannel backed table cloths which you can purchase at most 99¢-type stores.  
Something to throw up in during the car ride, just in case  
Nurses’ baskets or bags  
Chargers for phones and other electronic equipment (don’t forget your surge protector multi-outlet strip)

