

# 15 THINGS YOU MUST DO BEFORE BABY ARRIVES!

## FOR A SMOOTH TRANSITION FROM HOSPITAL TO HOME

SET UP THE NURSERY (PODCAST EPISODE 19 SEASON 1)

INSTALL THE CAR SEAT AND SUN SHADES

WASH THE BABY CLOTHES AND PUT THEM AWAY

SET UP AND LEARN HOW TO USE ALL THE BABY ITEMS

STOCK UP YOUR HOME WITH THE HOME ESSENTIALS

PACK YOUR HOSPITAL BAG

TRAIN THE PETS WITH THE BABY GATES

REST WHILE YOU CAN

SEARCH FOR YOUR PEDIATRICIAN (PODCAST EPISODE 3 OF SEASON 1)

CALL YOUR INSURANCE COMPANY, GET YOUR BREAST PUMP VOUCHER

FREEZE SOME MEALS

ARRANGE HELP WITH HOUSEHOLD TASKS AND CHILDCARE

STOCK UP ON RECOVERY ITEMS: PADS, TUCKS, HEMORRHOID CREAM, SITZ BATH, COLD AND WARM PACKS

TAKE THE DANCING INTO PARENTHOOD DIGITAL COURSE AND LISTEN TO PODCAST EPISODES

SCHEDULE EXTRA THERAPY SESSIONS

