



# TOP 10

## Expectant Mom To-Dos

There's so much to do when preparing for a new baby that nine months hardly seems like enough time. Once your baby comes, free time will be in short supply. Here are 10 things you can do beforehand, so that precious free time can be spent snuggling instead of sweating.

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Carolinas HealthCare System  
Levine Children's Hospital



1

## FIND A PEDIATRICIAN.

This is one of the most important steps in preparing for your new baby. Your child's pediatrician will be a trusted partner, helping you keep your baby happy and healthy.



2

## GET SCHOOLED.

First-time mommies and daddies have a lot of questions. Take a class on anything you don't feel comfortable with to help put your mind at ease and turn you into a parenting pro. There are plenty of classes available on a variety of topics, including childbirth, infant care, breastfeeding and car seat safety.





**3**

### TALK IT OUT.

If you still have questions or worries, discuss them with your doctor. Your OB/GYN has seen it all and is there to make sure you're prepared, physically and mentally, for labor and delivery.



**4**

### BUCKLE UP.

Make sure you have your car seat purchased, and the base installed in your car, several weeks before your due date, just in case you go into labor earlier than expected.

**5**

### GET COOKING.

Prepare some freezer meals ahead of time to make life easier when you get home from the hospital. You'll likely be up to your eyeballs in casseroles from friends and family, so variety is key when you're filling up your freezer.



**6**

### CLEAN UP.

Wash your baby's clothes in gentle, non-scented detergent. Make sure you have all those tiny clothes you got at your shower fresh, clean and ready for baby.

# 7

## PACK IT UP.



Put your hospital bag together several weeks before your due date. And make sure to stash it in an easy to remember, and easy to reach, place.

**Here are a couple of hospital stay essentials:**

- LIP BALM** – You’ll be doing a lot of heavy breathing, which can make for dry lips.
- COMFY, COTTON PANTIES** – You can try to find some that have a pretty design so you don’t feel too granny-ish, but when it’s time to put them on, you probably won’t care.
- SOCKS** – Your feet will get cold after you give birth; keep them toasty with some fuzzy socks.
- YOUR OWN PILLOW** – Getting some much-needed rest is always easier with your regular pillow. Choose a fun, colorful pillow case, so you don’t forget to take it home with you.
- AN EXTRA PHONE CHARGER** – You’re going to be taking a lot of pictures and talking to a lot of friends and family members in those first 24 hours.

# 8

## MAKE A PLAN.

If you have other children or pets, make sure you have someone scheduled to come stay with them when the time comes.

# 9

## GET COMFORTABLE.

This may be a lot to ask as you enter your ninth month, but you can get comfortable with your maternity center. Schedule a tour of the hospital where you’ll be having your baby, so you’ll know where to go and what to expect.

# 10

## TREAT YOURSELF.

Babies need a lot of attention, but you deserve some too! Do something nice for yourself before the baby is born – go get a prenatal massage, get a pedicure, have lunch with friends. You’ve earned it!