

# Birth + Postpartum Prep Checklist

A calm, practical checklist to help you feel prepared—before labor, during birth, and in the early postpartum weeks.

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## What to Pack + How to Plan

- Birth preferences printed and saved on your phone
- Comfortable clothing + nursing-friendly options
- Snacks + hydration (electrolytes, water bottle)
- Phone charger with extra-long cord
- Insurance card + ID
- Car seat installed and checked
- Postpartum recovery kit ready at home

## Comfort Tools + Partner Tips

- Breathing and grounding techniques practiced ahead of time
- Birth affirmations or calming music playlist
- Massage tools (tennis ball, massage oil)
- Clear partner roles: advocate, timer, encourager
- Discuss flexible expectations for labor changes

## Postpartum Recovery Essentials

- Pads, peri bottle, and healing supplies
- Easy-to-grab snacks + hydration station
- Feeding support plan (lactation, pumping, formula backup)
- Nighttime baby station setup
- Accept help + set boundaries in advance
- Follow-up support scheduled (doula, provider, virtual check-in)