

# From Hospital to home

A post-birth checklist for new parents



## GET THE BABY ESSENTIALS

- + Stock up on diapers, wipes, clothes and swaddles.
- + Bring an infant car seat to the hospital after delivering.
- + Prepare a safe sleeping space (crib or bassinet).



## PICK YOUR PEDIATRICIAN OR FAMILY DOCTOR

- + Start searching in the third trimester.
- + Choose a nearby provider for convenience.
- + Schedule the first appointment within the first week after birth.



## MAKE A FEEDING PLAN

- + Decide on breastfeeding, formula or a combination.
- + Have a backup plan and necessary supplies like bottles, breast pump, nipple cream and formula.
- + Seek breastfeeding support if needed.



## ESTABLISH YOUR SUPPORT SYSTEM

- + Engage family, friends or a postpartum doula to help with household chores, errands, meals and emotional support.
- + Set clear expectations with visitors to establish boundaries and prevent unnecessary stress.



## POSTPARTUM CARE

- + Prepare with aftercare items like maternity pads, comfy clothes, pain relief medications and a peri bottle.



## MENTAL HEALTH

- + Know the signs of postpartum depression and anxiety.
- + Create a strategy for how to emotionally check-in with your support system post-birth.



## MAKE SELF-CARE A PRIORITY

- + Create a list of non-negotiable self-care activities and actively make time for them.
- + Prioritize getting rest.
- + Accept and ask for help from others.



## LEGAL AND ADMINISTRATIVE TASKS

- + Add baby to your insurance.
- + Update your will and legal documents.
- + Complete the birth certificate at the hospital.



## BABY'S FIRST AID KIT

- + Include a thermometer, antiseptic creams, alcohol wipes, nail cutter, nasal aspirator and medications.



## EMERGENCY CONTACTS

- + List contacts for your pediatrician or family doctor, nearest hospital and family members.

