

# The new mom's checklist:

What to do before baby arrives



- ☐ Create a baby registry
- ☐ Pack a hospital bag
- ☐ Get a breast pump
- ☐ Get milk storage bags
- ☐ Make freezer meals
- ☐ Stock up on maxi pads
- ☐ Get tucks pads
- ☐ Get dermoplast spray
- ☐ Get vaseline
- ☐ Get stool softeners
- ☐ Get lanolin cream
- ☐ Install the car seat
- ☐ Wash baby's clothes
- ☐ Stock up on diapers
- ☐ Get nursing accessories
- ☐ View the hospital
- ☐ Get a baby book

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