

FIRST TRIMESTER TO-DO LIST

baby

- ☐ TELL YOUR HUSBAND
- ☐ TELL YOUR FAMILY & CLOSE FRIENDS
- ☐ PLAN YOUR PREGNANCY ANNOUNCEMENT
- ☐ SHARE PREGNANCY ANNOUNCEMENT
- ☐ START YOUR BABY NAME LIST
- ☐ READ SOME HELPFUL BOOKS
- ☐ DOWNLOAD HELPFUL PREGNANCY APPS

health

- ☐ START TAKING A PRENATAL VITAMIN
- ☐ BOOK A PRENATAL DOCTOR'S APPOINTMENT
- ☐ GO FOR YOUR DATING ULTRASOUND
- ☐ LEARN THE SIGNS OF A PREGNANCY PROBLEM

safety

- ☐ STOP DRINKING & SMOKING
- ☐ LIMIT YOUR CAFFEINE INTAKE
- ☐ LEARN WHICH FOODS TO AVOID
- ☐ LEARN WHICH ESSENTIAL OILS TO AVOID
- ☐ LEARN WHICH ACTIVITIES TO AVOID

SECOND TRIMESTER TO-DO LIST

	<i>baby</i>
☐	START YOUR BABY REGISTRY
☐	PLAN A BABY BUDGET
☐	RESEARCH WAYS TO SAVE ON BABY GEAR
☐	CONSIDER BABY SHOWER HOST
☐	RESEARCH BABY SHOWER THEMES
☐	MAKE BABY SHOWER GUEST LIST
☐	TELL YOUR EMPLOYER YOU'RE PREGNANT
☐	PLAN YOUR MATERNITY LEAVE
☐	EXPLORE NURSERY THEMES
☐	PLAN YOUR NURSERY
☐	SET UP NUSERY FURNITURE

	<i>health</i>
☐	PRENATAL DOCTOR'S APPOINTMENTS
☐	GENDER ULTRASOUND
☐	GLUCOSE SCREENING TEST
☐	CONSIDER GENETIC SCREENING TESTS (AND SCHEDULE)
☐	RESEARCH PEDIATRICIANS
☐	BEGIN CONSIDERING CHILDCARE AND BOOK TOURS
☐	CONSIDER A DOULA AND BEGIN INTERVIEWS
☐	RESEARCH PRENATAL AND BIRTHING CLASSES

THIRD TRIMESTER TO-DO LIST

	<i>nursery</i>
☐	ASSEMBLE NURSERY FURNITURE
☐	FINISH DECORATING NURSERY
☐	SET UP BASSINET
☐	SET UP CRIB
☐	SET UP BABY MONITOR
☐	ORGANIZE DIAPERING STATION
☐	WASH AND ORGANIZE BABY CLOTHES
☐	BUY DIAPERS & WIPES
☐	PUT TOGETHER DIAPER CADDY
☐	BLACK OUT NURSERY

	<i>baby</i>
☐	FINALIZE BABY'S NAME (OR NOT!)
☐	ORDER BABY MILESTONE CARDS & BIRTH ANNOUNCEMENT
☐	BOOK NEWBORN PHOTOS
☐	PLAN NEWBORN PHOTOSHOOT OUTFITS & SHOT LIST
☐	TAKE A NEWBORN CARE CLASS
☐	LEARN ABOUT BABY SLEEP
☐	LEARN ABOUT CAR SEAT SAFETY

THIRD TRIMESTER TO-DO LIST

	<i>mom</i>
☐	BOOK A HAIR COLOR & CUT
☐	BOOK OTHER BEAUTY APPOINTMENTS
☐	PLAN A SPECIAL DATE NIGHT
☐	BUY GRIP FOR PHONE
☐	WASH ALL LAUNDRY
☐	SET PHONE TO BACK-UP AUTOMATICALLY
☐	CHECK DRIVER'S LICENSE EXPIRY
☐	CHECK CAR REGISTRATION
☐	CONSIDER LIFE INSURANCE
☐	CONSIDER A WILL

	<i>labour</i>
☐	PACK HOSPITAL BAG
☐	FINALIZE BIRTH PLAN
☐	MAKE PLANS FOR PETS AND/OR KIDS

THIRD TRIMESTER TO-DO LIST

	<i>breastfeeding</i>
☐	BUY BREASTFEEDING ESSENTIALS
☐	BUY FORMULA (JUST IN CASE)
☐	WASH & SANITIZE BOTTLES AND PACIFIERS
☐	WASH & SANITIZE BREAST PUMP AND PARTS
☐	SET UP A NURSING CART
☐	LEARN ABOUT BREASTFEEDING
☐	LEARN ABOUT LACTATION CONSULTANTS
☐	LEARN ABOUT PELVIC FLOOR THERAPY
☐	LEARN ABOUT POSTPARTUM DEPRESSION & ANXIETY

	<i>postpartum</i>
☐	MAKE POSTPARTUM KIT
☐	GET SECOND SET OF BEDDING
☐	MAKE FREEZER MEALS
☐	DOWNLOAD IMPORTANT APPS

DIAPER CADDY CHECKLIST

Putting together a diaper caddy is a great way to save yourself time once baby has arrived, and set yourself up for success. I recommend using a small basket or bin that you have, fill it with a few essentials that you'll be using every day for those first few weeks with baby, and stashing it somewhere convenient in your main living space.

Here's what you'll need -

<i>diaper caddy</i>	
☐	DIAPERS (10)
☐	WIPES (1 PACK)
☐	PORTABLE CHANGING PAD
☐	HAND SANITIZER
☐	CHANGE OF CLOTHES
☐	OOGIE BEAR
☐	SALINE SPRAY
☐	NAIL SCISSORS
☐	PACIFIER OR TEETHER
☐	TOY

NURSING CART CHECKLIST

nursing cart

☐	BREAST PUMP
☐	HAAKA
☐	NURSING PADS
☐	SWADDLES
☐	BURP CLOTHS
☐	NAIL SCISSORS
☐	OOGIE BEAR
☐	NIPPLE BALM
☐	SNACKS
☐	WATER
☐	HAIR ELASTICS OR CLIPS
☐	NOTEBOOK OR PEN

CHANGING TABLE CHECKLIST

changing station

☐	CHANGING PAD
☐	CHANGING PAD COVER*
☐	CHANGING PAD LINER*
☐	DIAPER PAIL
☐	LAUNDRY BASKET

on top

☐	HAND SANITIZER
☐	BUM BALM
☐	TOY/SOOTHER/TEETHER
☐	DIAPERS
☐	WIPES

first drawer

☐	EXTRA DIAPERS
☐	EXTRA WIPES
☐	EXTRA PAD COVER
☐	EXTRA PAD LINERS
☐	SWADDLE/BURP CLOTH

second drawer

☐	DIAPER RASH CREAM
☐	OOGIEBEAR
☐	NAIL SCISSORS
☐	THERMOMETER
☐	BRUSH & COMB
☐	INFANT TYLENOL
☐	CHANGE OF CLOTHES

THE ULTIMATE

POSTPARTUM CARE KIT

labour recovery

☐	BED PAD
☐	WATERPROOF FITTED SHEET
☐	POSTPARTUM DIAPERS
☐	MESH PANTIES
☐	HEAVY PADS
☐	PERI BOTTLE
☐	PAIN KILLERS
☐	TUCKS PADS
☐	NUMBING SPRAY
☐	NURSING PADS
☐	NURSING TANKS/PYJAMAS
☐	NIPPLE BALM
☐	EXPECTUL APP

HOSPITAL BAG PACKING LIST

FOR MOM

- ☐ PJS FOR BREASTFEEDING
- ☐ NURSING BRA & TANK
- ☐ ROBE
- ☐ SLIPPERS
- ☐ SOCKS
- ☐ LOUNGE PANTS/SHORTS
- ☐ LOUNGE TEES
- ☐ SWEATSHIRT OR CARDIGAN
- ☐ GOING HOME OUTFIT

TOILETRIES

- ☐ TOOTHBRUSH
- ☐ TOOTHPASTE
- ☐ FACE CLEANSER
- ☐ FACE LOTION
- ☐ HAIR BRUSH
- ☐ SHAMPOO
- ☐ CONDITIONER
- ☐ DEODORANT
- ☐ HAIR SPRAY
- ☐ DRY SHAMPOO
- ☐ MAKEUP

LABOUR & RECOVERY

- ☐ LABOUR GOWN
- ☐ LABOUR SOCKS
- ☐ ESSENTIAL OIL
- ☐ LIP BALM
- ☐ SCRUNCHIE OR CLIPS
- ☐ CONTRACTION TIMER APP
- ☐ POSTPARTUM UNDERWEAR
- ☐ PILLOW
- ☐ EYE MASK
- ☐ BLANKET

PERSONAL

- ☐ ID + HEALTH CARD
- ☐ SHOWER TOWEL
- ☐ FLIP FLOPS
- ☐ CONTACTS
- ☐ CONTACT SOLUTION
- ☐ CONTACT CASE
- ☐ GLASSES
- ☐ MEDICATIONS
- ☐ BIG TRAVEL TUMBLER
- ☐ JOURNAL + PEN
- ☐ LARGE ZIP TOP BAG
- ☐ LONG PHONE CHARGER
- ☐ SNACKS

FOR BABY

- ☐ PAJAMAS (2)
- ☐ SWADDLE SACK
- ☐ HAT
- ☐ SOUND MACHINE
- ☐ PACIFIERS
- ☐ WET WIPES
- ☐ DIAPERS
- ☐ NAIL SCISSORS
- ☐ OOGIEBEAR
- ☐ GOING HOME OUTFIT
- ☐ CAR SEAT
- ☐ CAR SEAT COVER

PHOTOS

- ☐ BIRTH ANNOUNCEMENT
- ☐ PRETTY SWADDLE
- ☐ HAIR BOW
- ☐ OTHER PHOTO PROPS

BABY NAME PLANNER

A great place to start on the search for the perfect name for your little one is to first take some time to consider which types of names you are typically drawn to. Here's a few to get you started -

OLD FASHIONED

LIAM	CECILIA
CHARLES	ELOISE
THEODORE	JUNE

MODERN

CRU	JUNIPER
AXEL	OLIVE
WILDER	WREN

UNCOMMON

ARLO	EVELINA
OTIS	FLEUR
RHODES	MARLOWE

POPULAR

NOAH	OLIVIA
LUCAS	EMMA
OLIVER	AVA

WHIMSICAL

TRUETT	TALULA
WILDER	FLORA
FINNEGAN	EVERLEIGH

COUNTRY

RHETT	ELLIE-MAE
HAYDEN	JUNE
WYATT	SAVANNAH

BABY NAME PLANNER

Another really wonderful way to come up with some special ideas for baby name is to set aside a time to consider some of the your meaningful moments and memories as a jumping-off point.

Here are some ideas to get you thinking -

- **Songs, movies, books** - What are your favorite books, movies, songs or artists? Is there a certain line in a song that resonates deeply with you? Consider the names of places mentioned, characters and authors of your favorite pieces.
- **Places, cities, streets** - Did you and your SO take a trip you'll never forget? My husband and I's bucket-list trip took us throughout the Greek Islands before we had our little guy, so some of the first couple names we considered were Milos and Myko (short for Mykonos), names of Greek Islands that we visited.
- **Childhood memories** - Did you grow up going to a summer camp where some pretty special memories were made? You could consider the name of the summer camp, or the name of the town it was closest to.
- **Milestones** - Did you and your hubby share a first kiss somewhere special? Were you out somewhere in particular when you realized you were pregnant? Try to think of meaningful milestones or moments for either yourself or you and your husband together.
- **Bible verses or quotes** - Consider some of your favorite quotes or Bible verses. For example, if there is something really special to you about the book of Ruth, you could consider that as a name. Alternatively, if your favorite quote is about being brave, you could try looking for names that mean brave in other languages.
- **Family tree** - Looking to honor someone special in your family? Dig up that family tree, or simply take some time to reflect on, and write down, some family names you are considering using - either as a first or middle name for your little one.

BABY NAME PLANNER

SONGS, MOVIES, BOOKS

PLACES, CITIES, STREETS

CHILDHOOD MEMORIES

MILESTONES

QUOTES OR BIBLE VERSES

FAMILY TREE

THE ESSENTIAL

BABY NAME PLANNER

NAME

MEANING

MIDDLE NAMES

[illegible]

NURSERY DESIGN PLANNER

sleeping

☐	CRIB
☐	CRIB MATTRESS
☐	SOUND MACHINE
☐	WINDOW COVERINGS

changing

☐	LAMP
☐	CHANGING TABLE OR DRESSER
☐	CHANGING PAD
☐	DIAPER PAIL
☐	LAUNDRY HAMPER
☐	OUTGROWN CLOTHES STORAGE
☐	WALL HOOKS

decor

☐	DECOR SHELF
☐	PLANTS OR FLORALS
☐	WALL ART
☐	BOOKSHELVES
☐	WALL TREATMENT

BABY REGISTRY CHECKLIST

NURSERY

- ☐ CRIB
- ☐ CRIB MATTRESS
- ☐ WATERPROOF CRIB SHEET
- ☐ FITTED CRIB SHEETS
- ☐ CHANGING TABLE
- ☐ GLIDER
- ☐ OTTOMAN
- ☐ SIDE TABLE
- ☐ SOUND MACHINE
- ☐ NIGHT LIGHT
- ☐ BABY HANGERS
- ☐ CLOSET DIVIDERS
- ☐ LAUNDRY HAMPER

DIAPERING

- ☐ CHANGING PAD
- ☐ CHANGING PAD COVERS
- ☐ CHANGING PAD LINERS
- ☐ DIAPER PAIL
- ☐ DIAPERS
- ☐ WIPES
- ☐ BUM BALM
- ☐ HAND SANITIZER

SLEEPING

- ☐ BLACKOUT CURTAINS
- ☐ SWADDLE BLANKETS
- ☐ SWADDLE SACKS
- ☐ SLEEP SACKS
- ☐ BABY MONITOR

FEEDING

- ☐ BABY PLATES
- ☐ BABY UTENSILS
- ☐ BABY CUP
- ☐ SILICONE FEEDERS
- ☐ BIBS
- ☐ HIGH CHAIR

GEAR

- ☐ BASSINET
- ☐ BASSINET FITTED SHEET
- ☐ NEWBORN LOUNGER
- ☐ BABY BOUNCER
- ☐ BABY SWING
- ☐ ACTIVITY GYM
- ☐ ACTIVITY CENTRE
- ☐ PLAY MAT
- ☐ BABY JUMPER

PLAY TIME

- ☐ TUMMY TIME MIRROR
- ☐ BOARD BOOKS
- ☐ CRINKLE TOYS
- ☐ RATTLES
- ☐ STACKING CUPS
- ☐ LINKING RINGS

BATH TIME

- ☐ BABY BATH
- ☐ BABY WASH
- ☐ BABY WASHCLOTHS
- ☐ HAIR BRUSH
- ☐ BATH TOYS
- ☐ BATH THERMOMETER
- ☐ HOODED BATH TOWEL

CLOTHING

- ☐ ONESIES/BODYSUITS
- ☐ SWEATER
- ☐ SWEATSHIRTS
- ☐ ROMPERS
- ☐ SHORTS
- ☐ PANTS
- ☐ PYJAMAS
- ☐ SOCKS
- ☐ HATS

ON THE GO

- ☐ CAR SEAT
- ☐ CAR SEAT MIRROR
- ☐ CAR SEAT COVER
- ☐ BABY WRAP
- ☐ BABY CARRIER
- ☐ STROLLER
- ☐ STROLLER TOY
- ☐ STROLLER ORGANIZER
- ☐ DIAPER BAG
- ☐ PORTABLE CHANGING PAD
- ☐ PORTABLE NOISE MACHINE
- ☐ SOOTHER CASE

HEALTH

- ☐ DIAPER RASH CREAM
- ☐ OOGIEBEAR
- ☐ SALINE SOLUTION
- ☐ NAIL SCISSORS
- ☐ BABY THERMOMETER
- ☐ INFANT TYLENOL
- ☐ BABY GAS DROPS

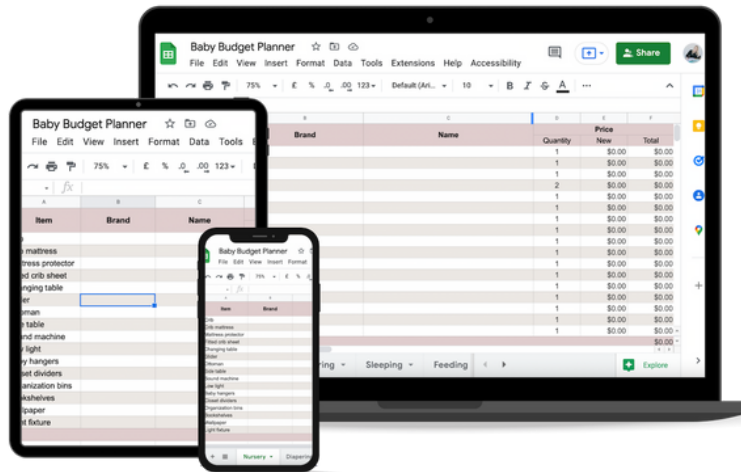
NURSING

- ☐ NURSING PILLOW
- ☐ BREAST PUMP
- ☐ EXTRA PUMP PARTS
- ☐ NURSING PADS
- ☐ BREASTMILK BAGS
- ☐ BOTTLES
- ☐ NIPPLE BUTTER
- ☐ NURSING BRAS

KEEPSAKES

- ☐ MILESTONE CARDS
- ☐ BABY BOOK
- ☐ BABY BLANKETS

THE ULTIMATE BABY BUDGET PLANNER



HOW TO ACCESS THE BABY BUDGET PLANNER

In order to access the Baby Budget Planner, simply hit the button below. Once you open the Budget Planner, you will need to make a copy in order to be able to edit it.

To do this, simply go to File > Make A Copy.

[ACCESS PLANNER](#)