



THIRD TRIMESTER CHECKLIST

You never know when your baby will decide to make an appearance, so it's a good idea to be ready for the birth and bringing your baby home well in advance of your due date.



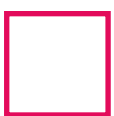
Write a birth plan

Having your preferences recorded in a [birth plan](#) helps maternity staff know what's important to you during and after the birth.



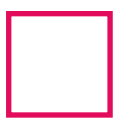
Pack your hospital bag

Wherever you're planning to give birth, it's important to have a [bag of essentials](#) for you and your baby packed and ready to go.



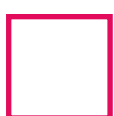
Plan your journey

Work out the practicalities of [how you'll get to the hospital or birth centre](#) so you're ready to go when labour starts.



Have the car seat ready

You won't be able to drive home with your baby unless you have a car seat - so make sure it's [safely fitted in the car](#) in advance.



Check you've got newborn essentials

Pushchair? Car seat? Clothes, wipes and nappies? Stock up on the [key bits of kit you'll need for your baby](#) from day one.



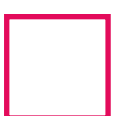
Get organised for feeding

However you're planning to feed your baby, stock up on the things that will make life easier: whether that's [essentials for breastfeeding](#), a [manual or electric breast pump](#) or [baby bottles](#).



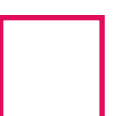
Look out for signs of labour

It will help if you can tell the difference between Braxton Hicks and real contractions, as well as recognising other [early signs of labour](#).



Prep for the first weeks at home

Cooking, shopping, cleaning... sleeping! Do all the things now that you won't have time for once you have a newborn to look after.



Sign up to receive top tips

[Subscribe to our free newsletters](#) and get useful information at relevant points during pregnancy and your baby's first year.



NOTES: