



Third trimester to-do list

- Learn about third-trimester prenatal visits and tests.
- Keep track of your baby's movements.
- Prepare for breastfeeding.
- Choose a pediatrician for your baby.
- Assemble your baby gear.
- Talk to your baby.
- Learn about coping with labor pain.
- Know the signs of labor.
- Have a room ready for when you take the baby home.
- Wash your baby's clothing and bedding.
- Start lining up helpers.
- Read up on baby care.
- Pack your bag for the hospital.
- Have your house cleaned.
- Stock up on household supplies.
- Make food for after your baby's born.
- Make a plan for when labor starts.
- Make sure you allow time to relax.**