



NEW MOON
HOLISTIC DOULA CARE



NEW PARENTS TO-DO LIST

TO STAY HEALTHY AND LOW-RISK:

- Start taking a prenatal vitamin (Preferably food-based)
- Focus on getting proper nutrition:
Drink 1/2 your weight in oz of water daily
"Eat the rainbow"
Consider the Brewer Pregnancy Diet
- Do 20-30 min of exercise daily
(Moderate exercise, such as walking)



BUDGET FOR BABY AND BIRTH-RELATED EXPENSES:

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| <input type="checkbox"/> Prenatal care & tests
<input type="checkbox"/> Delivery
<input type="checkbox"/> Doula / Birth support
<input type="checkbox"/> Classes & books
<input type="checkbox"/> Chiropractor, massage
<input type="checkbox"/> Physical therapy
<input type="checkbox"/> Lactation support
<input type="checkbox"/> Photography | <input type="checkbox"/> Baby items & equipment
<input type="checkbox"/> Mailers (cards & postage)
<input type="checkbox"/> Maternity leave / reduced income
<input type="checkbox"/> Childcare expenses
<input type="checkbox"/> College / savings accounts
<input type="checkbox"/> "Rainy Day" fund |
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THIRD TRIMESTER:

- Find a pediatrician
- See if your insurance covers a breast pump
- Have a baby shower or belly blessing
- Send THANK YOU cards!
- Prepare your home for baby
- Purchase any clothes/equipment remaining on your wish list
- Do Spinning Babies exercises daily to prepare your body for birth
- Practice relaxation exercises daily
- Start doing daily kick counts after 30 wks
- Consider maternity photography
- Consider belly casting (35-37 wks)
- Tour your birthplace and pre-register if needed
- Finalize your birth plans and include a plan for sibling care, if needed
- Download a contraction timer app
- Install baby's car seat
Consider getting a 2nd base for other caregivers
- Pack your birth bags
- Consider creating a labor playlist
- Prep your home for postpartum recovery
- Make plans for postpartum meals/chores
Prep freezer meals, set up a "Meal Train", or hire a delivery/prep service
- Set boundaries and MANAGE EXPECTATIONS for friends, family, and visitors!!



FIRST TRIMESTER:

- Select a care provider (Dr/OB/Midwife)
- Choose your birthplace (Home/Birth Center/Hospital)
- Consider how you plan to share the news with friends/family/coworkers

SECOND TRIMESTER:

- Take a childbirth class and research your birth options
- Sign up for other parenting classes (Baby care, infant sleep, breastfeeding, etc.)
- Hire a doula for extra support
- Drink Red Raspberry Leaf tea daily
- Find a Webster-certified chiropractor
- Start shopping for maternity clothes and nursing bras
- Do an anatomy scan at 18-20 weeks
- Start planning for childcare
- Start planning for maternity leave
- Consider baby names
- Create a baby registry or wish list
- Gather addresses, print labels, & purchase stamps for baby-related mailers (baby shower invites, thank you cards, birth announcements, etc.)
- Plan a "Baby Moon" with your partner to enjoy some alone time to yourselves

FOURTH TRIMESTER:

- Mail in papers for social security card
- Mail in papers for birth certificate
- Continue taking your vitamins & drinking plenty of water!
- Schedule baby's first doctor appointment
- Schedule your postpartum follow-up visit
- Write down any questions that you have for your provider, doula, or support team
- Let friends/family know when they can SCHEDULE a time to visit - SET HEALTHY BOUNDARIES.
- Take newborn photos (do yourself, at birthplace, or hire a photographer)
- Send out baby announcements
- Find a place for keepsakes Such as a baby book or shadow box (Hand/footprints, birth story, hospital bracelets)
- Add baby to your health insurance
- Update your will & estate plans
- Add baby as a beneficiary to your accounts
- Consider a 529 or other savings accounts
- Consider purchasing life insurance
- ★ Get plenty of REST and enjoy your NEW BABY!!

ABOVE ALL: DON'T BE AFRAID TO ASK FOR HELP!!!