

# BIRTH PREPARATION TIMELINE

<b>WEEK</b>	<b>FOCUS AREA</b>	<b>CHECKLIST ITEMS</b>
<b>28 - 30</b>	Education & Choices	Finalize birth class registration Research pediatricians Start perineal massage (if desired)
<b>31 - 33</b>	Logistics	Write birth preference list (Birth Plan) Tour the birth center or hospital Install infant car seat
<b>34 - 36</b>	Home & Comfort	Wash newborn clothes and linens Stock "postpartum station" (pads, peri-bottle) Pack the hospital/birth bag
<b>37 - 38</b>	Final Prep	Meal prep / freeze easy dinners Confirm childcare for older siblings/pets Practice breathing & relaxation techniques
<b>39 - 40+</b>	Rest & Wait	Prioritize sleep and hydration Monitor fetal movement Gentle movement (walking, curb stepping)