Things to Get/Do Before Baby is Born

It is best to complete the following before your baby is born so you have less to do in the first 6 months. Reducing your to-do list when baby arrives and creating a calm environment for yourself and your new little one helps everyone to feel less stressed.

Things to buy or borrow:

- Car seat. Install and have it checked before the due date.
- Baby’s furniture: crib, change table, dresser, rocking chair
- Bathtub, towels, face-cloths, lots of onesies, 100% breathable cotton sleeping attire. Things like Bumbos, high chairs exersaucers, toys, etc can wait because they won’t be used until around 4 months... and you might not want to use these things based on your baby’s personality. (We don’t recommend using swings- may work in the short run but create poor sleeping habits)
- Feeding supplies: BPA-free bottles, burp cloths, nursing pillow, nipple cream, pump- depending on if you are breast or bottle feeding.
- Lots of cotton receiving blankets.
- Stock up and charge all batteries for camera and video camera and make sure you have enough memory in your card.
- Slings. See if you can borrow some to avoid spending lots of money on one that doesn’t suit you.
- Stock-pile your dry-goods. Think of what you need for 4-6 weeks.
- Know what kind of diapers & wipes you are going to use and have them in stock. Cloth diapers are easier to use than ever. If you do buy cloth, they need to be washed before the first use. *Use disposables for the first week until the sticky meconium poop comes out. I recommend disposables that are easier on the environment and do not contain Chlorine bleach. Usually you can skip size N and buy size 1 if your baby is over 7 pounds. Oh, and don’t forget to slather a good diaper cream on with the disposables as the skin will not be able to breath. Use creams with no additives, colourings or fragrance.
Things to do:

• Super clean your house. Dust, vacuum, organize and clean everything so it can be left for awhile.
• Vehicle maintenance: have oil changed, the right tires on, full tank of gas, etc.
• Get a hair appointment as close to due date as possible. This is one of the hardest things to do in the first 6 weeks.
• In the 2 months before baby is born, eat half, then freeze half of your suppers... pasta, soups, stews, roasted meat freeze well. Also, make muffins or loaves (banana bread) and throw those in the freezer: these are great as feeding snacks for you.
• Assemble furniture and complete the basic things you want to do for baby’s room: paint, curtains, flooring. *Painting, carpets or other flooring or any dry-walling should be completed at least 3 months prior to baby’s arrival so the room has time to “off-gas.” Crack a window in the room after the renos and before baby comes.
• Arrange or designate who is doing the yard or snow removal work— you won’t be.
• Stay caught up with your laundry.
• Get your teeth cleaned and checked at the dentist.
• Read up about baby’s sleeping and attachment parenting so you can start good sleep-hygiene and positive connections right away. Please see the Helpful Resources page.