

Things to consider before baby is born...

When do you want visitors?

Vaccinations?

Friends/Family Babysitting help?

Healthy growth indicators?

Meals?

Pediatrician?

Needs of other children?

Self-care needs and essentials?

Mom/Dad responsibilities?

Breastfeeding?

Nighttime routine?

Suggested books on newborn care:

- On Becoming Babywise: Giving Your Infant the Gift of Nighttime Sleep – Gary Ezzo and Robert Bucknam
- What to Expect the First Year – Heidi Murkoff
- Baby 411: Clear Answers & Smart Advice for Your Baby's First Year – Ari Brown and Denise Fields



Postpartum Planning

SURVIVING "THE 4TH TRIMESTER"

You have your birth plan ready, but what about your
postpartum plan?



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