



*Sacred Rhythms*

## BIRTH PREP CHECKLIST

### FIRST TRIMESTER

- Celebrate!
- Check with your insurance provider for details on your maternity coverage.
- If you haven't already, add prenatal vitamins with Folic Acid and Omegas to your diet.
- If you drink coffee, begin to replace this with a lower caffeine option. Red Raspberry Leaf tea and Ginger tea are both safe and effective teas during pregnancy. Drink lots of water.

### SECOND TRIMESTER

- Practice meditation and visualization 5-10 minutes, a few days per week.
  - Begin to regularly visualize and meditate on your perfect birth.
  - Identify any fears related to birth/motherhood/parenting and find a doula, reiki practitioner or therapist to work through fear-releasing meditations.
- Take a rest or nap for at least 15 minutes a day.
- Add birth-specific wellness care to your weekly routine such as prenatal yoga, chiropractic, prenatal massage or other holistic healing modalities.
- Research, interview and hire a doula and/or birth photographer.
- Visit potential birthing locations and ask for friends' experiences with staff and facility.
- Attend a childbirth workshop that aligns with the birth principles you feel attracted to
  - Be sure that, if you are birthing at a hospital, you take a class outside of the hospital. Most hospital classes are focused on the hospital facilities and medical choices you will have. Find a childbirth class that spends more time teaching comfort measures, relaxation, partner involvement and breathing.
- If you are working, arrange your maternity leave, giving yourself at least 2 weeks prior to your anticipated due date to stop working and begin resting and nesting.
  
- Continue to practice meditation and visualization 10-15 minutes daily.
- Take a rest or nap for at least 20 minutes a day.

## THIRD TRIMESTER

- Adjust your exercise regime to include hip-opening stretches and slowing down anything you've done rigorously before. It's time to practice slowing down your life.
- Continue birth-specific wellness care such as prenatal yoga, chiropractic and massage.
- Write your birth plan - a doula can help greatly with this.
- Meet with your physician and doula to share your birth plan and ask any questions.
- Hire a birth photographer.
- Research and rent a birth tub (and tub monitor) if you plan to have a water birth.
- Research placenta encapsulation, belly binding and other postpartum care and discuss them with your doula.
- Enlist a friend or hire a doula to host a Mother Blessing Ceremony in addition to your baby shower, for pampering and self-care.
- Arrange for child and/or pet care during and immediately after birth.
- Set up baby's crib or sidecar, or place your mattress on the floor if you plan to co-sleep.
- Install a carseat in the vehicle you'll be driving home from the birth.
- Sign up for a "meal train" or ask friends and family to contribute to meals after baby comes. Homemade dinners that can be frozen and easily baked are excellent to stock.
- Pack your "hospital" bag:
  - Comfortable clothing for labor (a short, loose-fitting dress, bathrobe, etc)
  - Baby's clothing (baby's first outfit, diapers and wipes)
  - Birth playlist
  - Essential Oils

## FOURTH TRIMESTER

- REST! Take a "babymoon." Know that it is not your responsibility to be a host at this time, even to relatives. It's ok to tell people to come back later.
- Cuddle!
- Take sitz baths to help your bottom heal.
- Hire a postpartum doula to help with newborn care and questions, and to assist with household tasks and meals.
- Process the events of your birth with your partner and a close friend. Find support groups if your experience was sub-optimal.
- Have your belly wrapped our "bound" daily to support your postpartum healing.
- Enlist a friend or hire a doula to host a Sealing Ceremony to honor your birth into motherhood.
- If you are nursing, find a support group like La Leche League or other mother group.
- Take placenta capsules.
- Eat lots of protein and drink lots of water.