

Pregnancy Nesting Checklist

Before Baby Arrives

- [] Wash and organize baby clothes
- [] Prepare nursery or sleeping space
- [] Pack hospital bag
- [] Stock diapers, wipes, and postpartum care items
- [] Set up diaper changing and feeding stations
- [] Install car seat
- [] Wash baby bottles, pump parts, and nursing pads
- [] Prepare freezer meals and snacks
- [] Deep clean common areas
- [] Stock up on household basics (toilet paper, detergent, etc.)
- [] Create a contact list for pediatrician, OB, and support network
- [] Schedule maternity leave or finalize work plans

After Baby Arrives

- [] Keep a basket of nursing essentials near your bed
- [] Rest when baby sleeps
- [] Ask for help when you need it
- [] Track baby ' s feeding and sleep patterns
- [] Give yourself grace — your “ nest ” is already perfect