

# 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