

NESTING during pregnancy

NURSERY AND BABY RELATED

- Wash all clothes with gentle detergent
- Fold or hang up clothes
- Organize clothes by size
- Wash all baby blankets, and sheets with gentle detergent
- Set your crib up (don't forget a waterproof mattress protector)
- Baby proofing (install outlet protectors, anchor furniture, etc)
- Clean the floors
- Setup any other baby items
- Install Carseat
- Put stroller together
- Install blackout curtains (for better sleep)
- Set up a changing station with all the essentials
 - diapers
 - wipes
 - diaper crea
 - baby powder
 - trash can (with lid) or diaper caddy close by
 - lotion

LIVING ROOM

- Baby proofing (install outlet protectors, anchor furniture, baby gate, etc)
- Clean the floors
- Clean the furniture
- Clean the windows
- Keep cords out of reach
- Put breakable objects up high and out of reach

KITCHEN

- Baby proofing (install outlet protectors, cabinet locks, etc)
- Clean and mop the floors
- Clean your bottles and make a space for them in your cabinets
- Clean your refrigerator out
- Get your high chair set up

BATHROOM AND MEDICINE CABINET

- Baby proofing (install outlet protectors, cabinet locks, etc)
- Clean and mop the floors
- Stock up on baby medicine cabinet essentials
 - Thermometer
 - Zarbee's baby cough medicine
 - Infant Tylenol and Infant Motrin
 - Nose Frida & saline drops

OTHER IMPORTANT THINGS TO GET DONE

- Pack your hospital bag
- Create a Birth Plan
- Make some freezer meals for after you have baby
- Interview pediatricians and pick one
- Stock up on baby wipes
- Stock up your refrigerator and pantry before labor