



# Third Trimester Checklist

This checklist is a starting point to help you navigate this exciting time. Talk with your health care provider, family, and friends to help guide and support you. Florida's **Hope Navigators** can help you find guidance and support from basic needs to education and employment.

- Continue to attend your prenatal appointments (they will become more and more frequent as you get closer to delivery) and take prenatal vitamins. Share your birth plan with your provider.
- Finalize your birth plan and take a tour of the labor and delivery area of your hospital or birthing center. Talk with your provider about what pain management options you prefer to support your labor and delivery. Read about cesarean sections so you feel prepared in case your delivery requires this procedure. If you are having a boy, decide in advance if you would like circumcision or not.
- If you haven't already, attend **birthing and breastfeeding classes** and access available resources.
- Begin your maternity leave paperwork and prepare important hospital admission documents.
- Finalize your registry and celebrate with a baby shower with these **helpful ideas** and **free shower invitations!**
- Lean into the "nesting phase" by organizing gifts and baby essentials, washing clothes and bedding, and preparing a safe and loving space for your baby to come home to. Remember to prepare your baby's sleeping area (crib, pack n' play, etc.) safely with no blankets, pillows, or stuffed animals.
- Continue to listen to your body. Take naps and use pillows and other supports to help you sleep better at night.
- Listen to your body and watch for **urgent maternal warning signs** that may necessitate you contacting your health care provider or visiting an emergency room.
- Continue to talk with your partner, family, and friends about your feelings and concerns about your pregnancy, delivery, and becoming a mom.
- Contact your health insurance provider to know the steps necessary to add your baby to your insurance after their arrival. Contact **Florida KidCare** to find out about the four government-sponsored health insurance programs available for babies and kids.
- Choose a **pediatrician/health care provider** for your baby and contact them to provide any necessary paperwork in advance.
- Pack your hospital bag, prepare a labor playlist, and practice meditations. Get inspiration from our **hospital bag checklist**.
- Install your baby's car seat to safety standards. Contact your car insurance provider, as some will provide discounts or stipends for car seat purchases.
- Make a plan with your partner and family about visitors in the hospital and in your home after the baby arrives. Prepare freezer meals in advance of childbirth and/or help your friends facilitate a meal chain to take the responsibility of cooking off your list once you bring your baby home.

Learn more about additional **available resources** to help you during pregnancy.

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