

BASIC LIST THAT HELP YOU TO PREPARE BEFORE BABY'S ARRIVAL

- 1. EDUCATE YOURSELF**
 - TAKE PARENTING CLASSES
 - READ BOOKS AND ARTICLES
- 2. PREPARE YOUR HOME**
 - NURSERY
 - SAFETY CHECKS
- 3. GATHER SUPPLIES**
 - BABY GEAR
 - FEEDING
- 4. PLAN FOR THE BIRTH**
 - HOSPITAL BAG
 - BIRTH PLAN
 - TRANSPORTATION
- 5. POSTPARTUM CARE**
 - RECOVERY ESSENTIALS
 - SUPPORT SYSTEM
- 6. FINANCIAL PREPARATION**
 - BUDGETING
 - INSURANCE
- 7. EMOTIONAL PREPARATION**
 - MENTAL HEALTH
 - RELATIONSHIPS
- 8. PARENTAL LEAVE**
 - WORK ARRANGEMENTS
- 9. HEALTHCARE**
 - CHOOSE A PEDIATRICIAN
- 10. SELF-CARE**
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The New Parents Guide

Liyong Dong



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