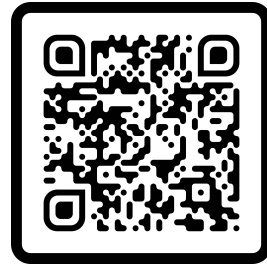


Your birth, your way!

36 weeks



You know you're getting close to delivery when you start coming to your prenatal visits on a weekly basis! It's time to get everything ready for baby.

Make sure that you have a car seat to take the baby home in. If it is a new seat for you, get it out of the box and make sure you know how to use it. Check with your vehicle's owner's manual for the recommended car seat placement. You also need to make sure the car has plenty of gas and that you have a bag packed.

Since some items can't be packed until the last minute (your toothbrush, pillow etc) make a separate list of those items and place it on top of your bag so you will remember to add them when it's time to go to the hospital.

The following is a reminder list of some items you will want to pack:

- Camera/video equipment
- Personal hygiene items
- Chapstick
- Clothes for 2 days (maternity)
- Robe and slippers
- Focal point (pictures, etc)
- CD/ DVD/ cards
- Hard suckers with stick (no hard candy)
- Rice sack
- Swimsuit for support person (if they are planning on supporting you in the shower during labor)
- Snacks for support person
- Going home clothes for mom and baby

Gestational age: _____

Today's weight: _____

Total weight gain: _____

Next appointment: _____