

Prepping for baby

Pre-baby's arrival: (4 months before baby's birth)

- Complete co-payment to the gynaecologist
- Book fetal assessment appointment
- Book 4d scan appointment
- Confirm anaesthetist cost
- Book paediatrician for birth
- Create hospital folder with my name on it
- Make copies of the following: mommy's ID, daddy's ID, marriage certificate

Gifts:

- Gift for my daughter from the baby
- Gift for my son from the baby

For home while I'm in hospital:

- Leave a copy of daughter's school schedule and extra-murals for my mom
- Chat to lawyer and financial adviser regarding birth date and ensure they are prepped regarding your will
- Leave snacks for the week for daughter
- Confirm meal delivery for daughter and husband while I'm in hospital and for upon my return

For my daughter while I am away

- Purchase 2020 stationary list for grade 3
- Purchase labels for stationary and clothing for 2020
- Purchase any extra school clothing needed for 2020
- Hire a teacher to be with my daughter at home from September – November to keep her on track and ensure she's homework and assessment ready while it's pre and post baby time
- Plan my daughter's homework and schedule for week while I am in hospital
- Plan out any assessment– give it to her home teacher that will ensure it will be carried out
- Plan out what's happening at school for the week
- Create Kumon plan while I'm away
- Update her teacher, OT therapist, aftercare teacher and Kumon teacher on my birth date etc

Hospital bag for Ulpha

- Suitcase
- Documents: certified copy of with both IDs, registration of new born forms, black pen, certified copy of marriage certificate
- Medical aid number and pre-authorisation number
- Novel for before giving birth

- Data
- Tissues
- Lip Balm
- Face wash
- Moisturiser
- Towel, face cloth, soap and razer
- Slippers
- Roll-on and travel baby powder
- Pregnancy socks
- Hairbrush and hair ties
- Linen savers
- Shower cap
- Specs
- Headphones
- Slippers or Birkenstocks (depending on how I feel)
- Nursing bras and nursing pads
- Phone charger and 2 prong plug
- Snacks and bottles of water
- Small earrings
- 2 pairs of pajamas
- A pack of cotton full brief panties
- Underwear
- Maternity pads
- Nipple cream
- Make-up
- Scarf to match pajamas for name giving happening in hospital
- Going home outfit and socks

What to pack for Zunaid

- In my suitcase
- Cash
- Charger
- Toothbrush and toothpaste
- A change of clothes including underwear and socks
- Roll-on
- Towel, face cloth, soap and razer
- Phone Charger and 2 prong plug
- Pillow
- Snacks

Hospital bag for baby

- Baby bag
- Vaseline
- Spirits of camphor
- Swabs and earbuds
- Disposable baby wipes
- Baby face cloths x 2
- New born-sized dummy

- Breast pump
- New born bodysuits x 2 each
- Socks x 2 pairs
- Mittens
- Baby cap
- Baby powder
- Feeding cushion
- Baby blanket
- Light blankets or muslin wraps x 2
- Scissors for snipping the hair for name giving
- Formula, bottles, teats, and sterilizing equipment if you plan to bottle-feed
- Car seat and wrap for going home

Baby needs

- Pram and car seat
- Bath tub
- Chest of drawers
- Mattress for camp cot
- Bath towels
- Blankets
- Car seat covers
- Bepanthen
- Sleeping pod
- 4 x fitted sheets
- 4 x receiving blankets
- Vests
- Onesies
- Socks
- 4 x boxes of baby wipes
- 4 x boxes of new born diapers
- Aqueous cream
- Earbuds
- Baby powder
- Baby wash
- Baby detergent for washing
- Face clothes
- Nail clipper set
- Baby journal - My Baby Record Book
- Hairbrush set
- Avent bottle set
- New born dummy
- Nursing pillow
- Bottle steamer
- Nipple cream
- Breast pads
- Bibs
- Small tin NAN
- 2 x telament drops
- Stage 1 Ubuntu carrier
- Vaseline

- Spirits of camphor
- Thermometer
- Johnson baby oil
- Cotton swabs
- Preggie socks
- Milton solution
- Changing mat
- Baby pillow
- Camp cot bedding
- 4 x nursing bras
- Bum cream
- Swaddle blanket
- Fuller's earth powder
- Carriwell Maternity sanitary towels
- Carriwell Disposable panties
- Carriwell Therapeutic Breast Soother
- Carriwell BellyBinder
- Carriwell Seamless Post Birth Support Panty
- Sudo cream
- Baby bag
- Burp cloths
- Baby caddy for items at night
- Baby band material and snap holder for cramps
- Mr Price Head And Back Sleep Wedge
- Mr Price Polycotton Baby Cross Duvet Cover Set