Before Baby Arrives
Your Fourth Trimester Planning Checklist

You may have a birth plan and a baby registry. But who is planning for your rest, recovery, and support? Use these questions as a starting point for a conversation with your partner or support team.

REST & NIGHTTIME CARE

☐ How will each parent get meaningful opportunities for sleep?
☐ Who will handle overnight feedings, soothing, and diaper changes?
☐ Who can step in if we are both exhausted?

FEEDING & RECOVERY

☐ What feeding support or supplies might we need?
☐ Who will make sure the recovering parent can eat, hydrate, and rest?
☐ Who will we contact with feeding or recovery concerns?

HOME & DAILY LIFE

☐ Who will handle meals, groceries, laundry, and household tasks?
☐ Who will care for older children or pets when needed?
☐ What can we prepare, delegate, or arrange before birth?

EMOTIONAL WELLNESS & BOUNDARIES

☐ How will we check in with each other about stress and well-being?
☐ What visitor boundaries will protect recovery and rest?
☐ Who can we call when we need encouragement or extra support?

OUR SUPPORT TEAM

☐ Which family members, friends, or professionals can help?
☐ Have we asked what each person can realistically do?
☐ Do we have a backup plan if our first option is unavailable?

One question to answer together: When we are running on empty, what is our plan for getting help?

Professional overnight newborn care can be one part of a thoughtful postpartum support plan.