



Checklist for Childbirth

From the *PCT™ Childbirth Workshop*

- Take a *PCT™ Childbirth Workshop* Class!
- Take Infant CPR Class
- Take Prenatal Breastfeeding Class
- Take Sibling Class to help prepare older children
- Take *PCT™ Car Seat Safety for Children* Class
- Tour Birthing Facilities / Pre-Register
- Telephone number of Doctor/Midwife to call if you think you are in labor:
() _____ - _____
- List of My “*Hopes & Dreams*” (or Birth Plan)
- Pack Hospital Suitcase
- Interview potential Pediatricians
- Selected Pediatrician’s name _____
& telephone number () _____ - _____
- Research Cord Stem Cell collection companies
- Purchase Infant Car Seat & have installed correctly at car seat checkpoint site
- Arrange for care of older siblings during hospital stay
- Arrange for care of pets during hospital stay
- Who do you have for labor support? Friends, family, doula, a *Personal Childbirth Trainer™*? _____
- Notify insurance company with birth information
- Make follow-up appointment with your doctor/midwife _____
- Make follow-up appointment with your baby’s doctor _____ TM
- Obtain lactation consultant’s name & telephone number if needed _____
_____/ () _____ - _____
- Locate breast feeding support groups if available (day/time/place) _____

- _____

- _____
