

**MS09 VT05 Preparing for a Newborn v1 540**

[MUSIC]

When you go home from the hospital there's not actually that much that is essential that you need in your house to take care of the baby. You want to make sure that you have a car seat and you know how to properly install the car seat.

You want a safe place for the baby to sleep; that can be a basinet; that can be a crib or it can even be Pack 'n Play. Anything will work at that point. You also want a safe place to feed the baby and to bond with the baby. Usually it might be a rocking chair in the baby's room or in your room; some place that is quiet and some place that is very comfortable for you.

You want to make sure you have plans for what you do when you go into labor; who's going to bring you to the hospital, that you know where to go and where to check in. If you have another child at home you also need to start planning for childcare for when you go into labor.

Now I'm scrambling to make sure my bag is packed with everything that I need.

We're doing finishing touches on the nursery which is pretty much already done. I actually have a baby shower coming up this weekend to kind of just get those last minute things to stick in the nursery to get ready. I wanted to make sure to do as much as I could while I still felt strong and, you know, good enough to do it so that I can just spend the third trimester just relaxing and not worrying too much and kind of just getting my mind mentally prepared.

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So these are the things you should start thinking about. It seems kind of early to do that but you never know when your baby is going to arrive.

[End of recording]