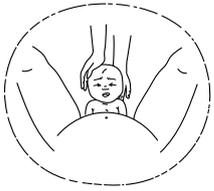


# MY BIRTHING NOTES

Jot down any thing you would like to remind yourself of later, things you want to do more research on or questions you have for your midwife.

I want to learn more about...



I want to ask my midwife about...



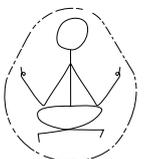
Things I need to organise...



My birthing mindset

#positiveaffirmations

Believe in yourself



**BUMPSTART**

# MY BIRTHING CHECKLIST

Use this list to help yourself get everything ready.



- My midwife's phone number is in my phone and in my partner's
- I know the route to hospital, where to park and how to get to the ward
- I know when I need to phone my midwife and when I need to leave for the hospital
  
- I have considered my birthing options
  - I have decided where I want to give birth
  - I have considered water birth options
- I understand the pain relief options available to me where I am going to give birth
- I have asked my midwife any questions I have
  
- I have packed my hospital bag which contains -
  - Maternity notes
  - Large water bottle
  - My favourite, energy filled snacks and some for my birthing partner
  - A phone charger
  - Headphones or portable speaker
  - I have created a birthing play list
  - Vaseline, face cream and hand cream
  - Hair bands and clips
  - Birthing clothes (you may like to have a light dressing gown over you while in labour, if you are in a pool you may like to have a t-shirt or a bra on, or be naked... it's up to you!)
  - Flip flops and slippers
  - Comfy clothes for after the birth and going home in (2 sets minimum) including a comfy bra top
  - Maternity pads and giant knickers (multiple pairs)
  - Baby's first clothes and a few spares
  - Newborn nappies
  - Baby's blanket
  
- The car seat is fitted and I've practiced how to take it out and put it back in

**BUMPSTART**

# MY WELLBEING ACTION PLAN

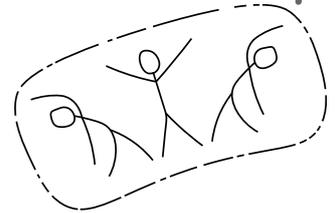
These are the things I am going to do to take care of myself.

My ideas of what I can do - How I am going to do them with baby -  
My motivation (to feel happier, to be the best mum I can be, to feel less stress, to enjoy something just for me, to stay mental strong etc)

Eating well



Getting outdoors  
and moving my body



Doing something I find  
mentally engaging/interesting



Extra ideas - To do list

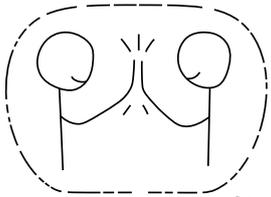
**BUMPSTART**

# MY WELLBEING ACTION PLAN

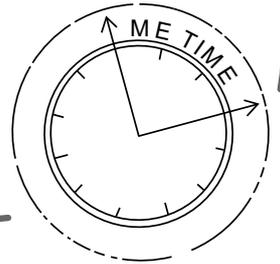
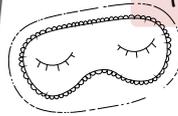
These are the things I am going to do to take care of me.

My ideas of what I can do - How I am going to do them with baby -  
My motivation (to feel happier, to be the best mum I can be, to feel less stress, to enjoy something just for me, to stay mental strong etc)

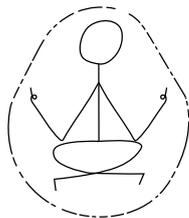
Getting social



Resting and taking time for me



Encouraging a positive mindset



Extra ideas - To do list

**BUMPSTART**

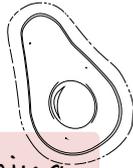
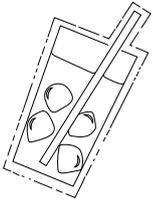
# MY WELLBEING CHECKLIST

How many ticks can I get each day?



Looking after me - so I can be a fab mum!

Have I...



Eaten nourishing food & drank water

Been outside  
Done some exercise

Found something  
mentally engaging/  
interesting

Seen or spoken to  
my friends/family

Rested & taken  
some time for me

Helped myself have  
a positive mindset

How did I feel today?



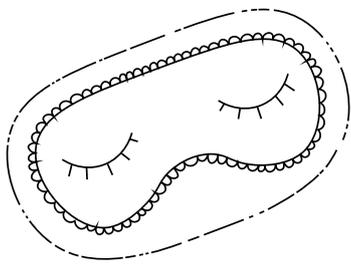
	M	T	W	T	F	S	S
Eaten nourishing food & drank water							
Been outside Done some exercise							
Found something mentally engaging/ interesting							
Seen or spoken to my friends/family							
Rested & taken some time for me							
Helped myself have a positive mindset							



Stick me on your fridge!



**BUMPSTART**



# MY MORNING ROUTINE

Things I could do every morning to make me feel good!

Idea - Reason




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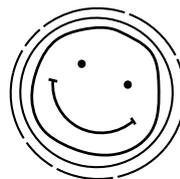
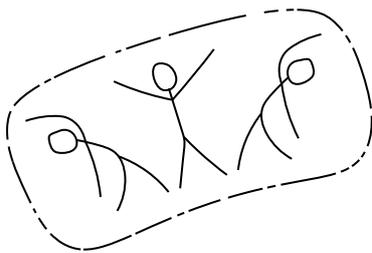


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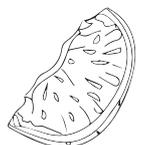
Fresh air - Moving my body - Eating nutritious food - Drinking lots of water - Making a plan for the day  
 - Listening to my needs - No social media - Positive self talk - Feeling grateful - Taking time - Savour that coffee



Morning routines can take you from exhausted zombie-mum, to feeling-good mum!



Stick me on your fridge!



**BUMPSTART**

# MY BOOST SELF CARE PLAN

Each day I will ask myself 'How am I feeling today?' & respond with the selfcare I need.

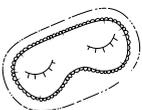


- What are the signs that you aren't feeling too happy? What does this look like for you?
- What can you do to help yourself feel happy again? What do you need? What makes you feel better?

I know I'm not doing so well when...



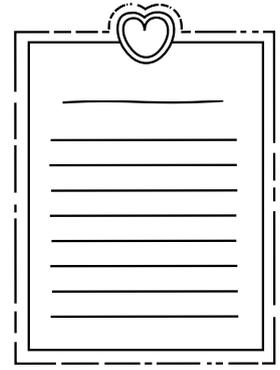
I will take these actions to look after myself when I'm not feeling so good...



**BUMPSTART**

# BABY BUYS CHECKLIST

Use this list to give you ideas of the things you may need to buy before baby arrives. Remember though, as long as you have the basics you will be fine, there's always Amazon Prime for the rest!



## For baby:

- Newborn nappies.
- Cotton wool.
- Wet wipes.
- Nappy cream.
- Baby's first clothes (they only need body suits, babygrows, cardigans and hats).
- Dummy and dummy clips if you wish to use them.

## For you:

- Maternity bras.
- Maternity knickers.
- Birthing clothes (perhaps a light dressing gown, long t-shirt, bra top).
- Breast pads.
- Nipple cream.
- Hemorrhoid cream.
- Pain killers.
- Hot water bottle.
- Heat/cold pads.

## For the home:

- Cot and mattress, or co-sleeping bed
- attachment (for night time sleeping).
- Moses basket (for day time sleeping downstairs).
- Sleeping bag (We recommend the Gro Company).
- Cellur blankets.
- Mattress sheets.
- Muslin cloths.
- Nappy bin.
- Nappy bags.
- Changing mat.
- Bath seat.

Extras...

**BUMPSTART**

# BABY BUYS CHECKLIST

When it comes to buying things for baby take your time to get it right. Look for well reviewed products, that are simple and easy to use, and that will grow with your child. It's worth visiting shops to try products out before purchasing.

If you decide to bottle feed you are going to need:

- Bottles and teats.
- Formula.
- A steriliser (to clean the bottles correctly).
- You could also consider a Perfect Prep machine (which makes the feed up for you at the perfect temperature, ideal for night feeds).

For out and about:

- Car seat.
- Pram/buggy/travel system (we recommend one that is easy to fold down and store, and one that can be used as your child grows).
- Changing bag (go for a sturdy one as there's nothing more annoying than trying to find something that your baby needs in a bag that has collapsed in on itself. Wipe clean with plenty of pockets is also useful and go for one you like the look of as it's going to get a lot of use!).
- Carrier/sling (choose one that you can use in multiple positions and one that will last as baby grows).

For when they are older:

- Play mat.
- Door bouncer.
- Bumbo.
- Teethers (ones that can be put in the freezer are ideal).
- Rocking seat/bouncer.
- Highchair.
- Stimulating toys.

**BUMPSTART**