

lovelyfamilyfeel



The Pregnancy kit ♥

More than just a checklist –
your companion for the
biggest day of your life.

For you
and your
baby



CHECKLIST & TIPS FOR A RELAXED BIRTH





Good preparation



With the right planning you can
already feel your birth
become relaxed.



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♥♥

Welcome

So glad you're here! ♥

A personal introduction

Congratulations on your pregnancy!

The final weeks before your baby arrives are exciting –
and at some point, the question comes up:
What actually needs to go in the hospital bag?

With this little guide, you have everything at a glance
and can pack with ease.

*Let's pack your hospital bag
together! ♥*





The right TIME



When you should pack
your hospital bag.



When is the RIGHT TIME?



Most babies do not announce themselves weeks in advance.
That's why it makes sense to pack your hospital bag at the
right time — so you're ready when things get started



34–36 WEEKS



Pack your bag



Check the route to the hospital



Wait calmly for the big day





Everything AT HAND



The most important documents
at a glance.



The most important

DOCUMENTS

☐

Maternity record

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☐

Health insurance card

.....

☐

ID card

.....

☐

Birth plan

.....

☐

Hospital admission form (if available)

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Tip:

Keep these documents in a separate compartment.





for your baby
& for you.



for a special beginning



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For the Birth

Everything for your comfort

☐

comfortable clothing

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☐

warm socks

.....

☐

lip care

.....

☐

hair tie

.....

☐

water bottle

.....

☐

snacks

.....

☐

massage oil

.....

☐

music

.....



Helpful Tip

Why lip care is often more important than makeup





A new CHAPTER



The first days with your baby
are a time of change. With the right
preparation, everything will be a little
easier.



For the TIME AFTER

☐

Nursing clothes

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☐

Large underwear

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☐

Nursing bra

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☐

Care products

.....

☐

Charging cable

.....

☐

Power bank

.....





For your
Baby



For your Baby



Everything your baby needs for the start in life

☐

Baby bodysuit

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☐

Sleepsuit

.....

☐

Hat

.....

☐

Socks

.....

☐

Blanket

.....

☐

Burp cloth

.....

☐

Outfit for going home

.....

☐

Baby car seat

.....





Together STRONG



Birth is a team effort.
Even a birth companion can support the
right preparation on the way to
a fulfilling birth experience.





For your birth companion

☐

Snacks

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☐

Drinks

.....

☐

Change of clothes

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☐

Power bank

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☐

Charging cable

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☐

Cash

.....

☐

Camera

.....





Small things, THAT DON'T FEEL SMALL



Sometimes things seem to be just
as they are in the moment.
But it's the little things in life
that come together and create
a whole list for the little ones
to grow up.





The "Don't Forget" List ☆



☆ Lip balm

☆ Extension cable

☆ Coins

☆ Baby car seat

☆ Favorite snack

☆ Hair ties

☆ Phone

☆ Keys





Less is MORE



For birth, you often need less,
not more than you think.
Pack mindfully – you can leave
the rest relaxed at home.



What you can leave[☆] at home



Not everything needs to come with you.



Too many baby bodysuits

.....



Jewelry

.....



Several books

.....



Too many shoes

.....



Large cosmetic bag

.....





All the best

PREPARED FOR THE MOMENT



A great preparation checklist gives you peace of mind and security. With this checklist you have all the important things for you and your baby at a glance – for a relaxed start.



The big checklist



Everything you need for one baby.
For tracking until the day before birth.



- | | |
|--|--|
| ☐ Important documents | ☐ Power bank |
| ☐ Clothing for mom | ☐ Headphones |
| ☐ Clothing for baby | ☐ Cultural items |
| ☐ Stroller & stroller accessories | ☐ Toothbrush & toothpaste |
| ☐ Nursing pillow | ☐ Nursing care |
| ☐ Blankets for the hospital | ☐ Hairbrush |
| ☐ Baby car seat | ☐ Hair ties |
| ☐ Swaddles | ☐ Medications |
| ☐ Nursing pads | ☐ Maternity clothes |
| ☐ Baby clothes | ☐ Health insurance card |
| ☐ First outfit | ☐ Birth plan |
| ☐ Diapers | ☐ Camera (optional) |
| ☐ Socks | |
| ☐ Snacks | ☐ Other: _____ |
| ☐ Drinking bottle | ☐ Other: _____ |
| ☐ Towels | ☐ Other: _____ |
| ☐ Washcloths | |
| ☐ | |







Your bag is packed ...

... but do you feel prepared for the birth too?



Many expectant moms realize that they not only want to be organized, but also wish for more confidence and peace of mind.



That's why I recommend this

Birth Preparation Course.



Scan QR code



Discover more now



More knowledge. More confidence. More you.



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