

Baby arrival planning

Date: July 23, 2026

Timeline

08:00 – 08:45 First Trimester Checklist & Health Review

Review initial medical appointment schedules, start prenatal vitamins, and establish initial budget goals for the pregnancy journey.

Location: Home Office

08:45 – 09:15 OB-GYN and Maternity Care Selection

Compare local healthcare providers and select the preferred hospital or birthing center options over morning coffee.

Location: Kitchen Breakfast Nook

09:30 – 10:30 Second Trimester Baby Registry Research

Research recommended strollers, infant car seats, and daily care essentials to compile a comprehensive gift registry.

Location: Living Room

10:30 – 11:30 Nursery Space Prep and Color Selection

Measure room dimensions, select non-toxic wall paint, and clear existing furniture to make space for the nursery layout.

Location: Nursery Room

11:30 – 12:30 Parental Leave & Financial Planning Meal

Discuss employer parental leave policies, health insurance coverage details, and family budgeting targets during lunch.

Location: Dining Room

12:45 – 14:15 Nursery Furniture Assembly

Unpack and construct the crib, changing table, and dresser while ensuring all safety wall anchors are securely installed.

Location: Nursery Room

14:30 – 15:15 Third Trimester Prenatal Class Sign-Up

Register for local childbirth preparation, newborn care workshops, and infant CPR certification classes.

Location: Home Office

15:30 – 16:30 Hospital Bag Packing & Prep

Pack essential labor clothes, toiletries, infant coming-home outfits, birth plan copies, and phone chargers into transport bags.

Location: Master Bedroom

16:30 – 17:15 Pediatrician Interviews & Home Audit

Schedule initial consultations with local pediatricians and conduct an initial safety audit of household smoke detectors and gates.

Location: Study Room

17:30 – 18:15 Infant Car Seat Installation

Install the rear-facing car seat base into the primary family vehicle and double-check angle indicators for proper safety compliance.

Location: Garage

18:30 – 19:30 Final Arrival Logistics & Postpartum Meal Planning

Map out driving routes to the hospital, set up emergency contact lists, and prepare batch freezer meals for the postpartum period.

Location: Kitchen