

# The new mom's checklist:

What to do before baby arrives

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- Create a baby registry
- Pack a hospital bag
- Get a breast pump
- Get milk storage bags
- Make freezer meals
- Stock up on maxi pads
- Get tucks pads
- Get dermoplast spray
- Get vaseline
- Get stool softeners
- Get lanolin cream
- Install the car seat
- Wash baby's clothes
- Stock up on diapers
- Get nursing accessories
- View the hospital
- Get a baby book