

Congratulations



On behalf of The Upward Blip, I congratulate you for your new addition! There is no job title as fulfilling as "Mother". I tell you!

Sure, it won't be anything like a walk in the park. However, no matter exhausting motherhood could be, just looking at your newborn baby could make you feel like you are on cloud 9.

To help you out with preparing for your new baby's arrival, I created the ultimate printables you can get.

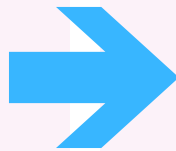
Check them all out and download now!

THINGS

To Do

TAKE YOUR PRENATAL VITAMINS

As soon as you find out you're pregnant, start taking your prenatal vitamins. It is recommended so that any nutritional gaps in your diet will be covered and your baby can still get the vitamins and minerals he/she needs.

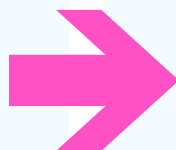


CREATE YOUR BABY REGISTRY

Start creating your baby registry. Be sure to only request what you need. Check the Baby Registry Essentials so you won't get anything you will regret.

ANNOUNCE YOUR PREGNANCY

Find creative ways to announce your pregnancy. Don't forget to tell your family first, especially your parents, to avoid stress. (*winks) After all, they will be giving the major stuff you wished for on your baby registry. (*laughs out loud)



CREATE YOUR BIRTH PLAN

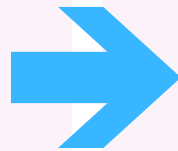
You can find a lot of birth plan templates on the worldwide web, but my favorite of all is from The Bump. You don't have to sign up to get one. You can find one here.

THINGS

To Do

SAVE UP A LITTLE CASH

It will be really nice when you have extra cash to help ease the financial stress of being on maternity leave and out of work. You will thank yourself later.

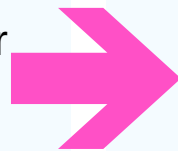


DEEP CLEAN YOUR HOUSE

You want a safe haven for your precious new addition. Make sure that your home is spick and span before taking your baby home.

STOCK UP ON NON-BABY ITEMS

Non-baby items tend to be forgotten when you get so excited about the arrival of your new bundle of joy. Stock up on toilet papers, paper towels, pads, hand sanitizer, laundry detergent and every possible thing.



REQUEST A MEAL TRAIN FROM FRIENDS

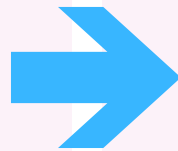
Ask your closest, most trusted friends to organize a meal train for you and your little family. Cooking can be a challenge the first few days with a new baby.

THINGS

To Do

PRE-WASH YOUR BABY'S CLOTHES

Wash your baby's clothes. You will still be sore and won't have time when you come home from the hospital to wash all those. Besides, you need to pack some for the hospital too.

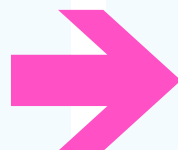


SET UP THE NURSERY

Do you plan to co-sleep or do you want your baby to have his/her own room? It's all up to you. Be ready and set it up before you take your baby home.

PACK YOUR HOSPITAL BAG

Pack your hospital bag ahead of time to avoid forgetting something. Pack all the essentials. You can also include things that will help you feel at home even while in the hospital.



INSTALL YOUR BABY'S CAR SEAT

Remember: You won't be allowed to take your baby home if you don't have a car seat for him/her. Think of his/her safety at all times.

20-Week Saving Challenge

Week 1	\$50	Week 11	\$50
Week 2	\$50	Week 12	\$50
Week 3	\$50	Week 13	\$50
Week 4	\$50	Week 14	\$50
Week 5	\$50	Week 15	\$50
Week 6	\$50	Week 16	\$50
Week 7	\$50	Week 17	\$50
Week 8	\$50	Week 18	\$50
Week 9	\$50	Week 19	\$50
Week 10	\$50	Week 20	\$50

Baby Name Checklist

How to ensure you are giving your baby the best name

- Do an exhaustive research of the best names.
- Visit all websites that provide a wide array of names you can choose from.
- Visit the Social Security Administration website and find out the top 10 names for both males and females.
- Check out meaningful celebrity names.
- Think of a good nickname and start from there.
- Use the alphabet as the guide.
- Dig into other countries' best name and its meaning.
- Think of the best initials.
- Create a poll of your favorite names to send to your closest family and friends.
- Follow family traditions if you must.

Hospital Bag Essentials

IMPORTANT: Please be sure to install your baby's car seat the same time you pack your bag for the hospital. The baby can't be released from the hospital without it.

FOR MOM

- Birth Plan
- Insurance Card
- Identification Card
- Hospital paperwork
- Bathrobe/Night gown/PJs
- Socks and Slippers
- Toiletries
- Hair Tie
- Nursing bra and extra underwear
- Phone and Charger
- Entertainment
- Going-home Outfit

FOR BABY

- Hat
- Mittens
- Socks
- Swaddle Blankets
- Weather-appropriate Going-home Outfit

FOR DAD

- Snacks and Drinks
- Change of Clothes
- Socks and Slippers
- Toiletries
- Phone and Charger
- Entertainment (like books & games)
- Coins for Parking

Baby Registry Essentials

- Crib or Bassinet
- Stroller or Baby carrier
- Breast Pump
- Baby Bottles
- Crib mattress and sheets
- Hat, mittens and socks
- Onesies
- Sleepers
- Swaddle Blankets
- Heavy/Fleece Blankets for winter baby
- Receiving blankets
- Burp cloths and bibs

- Diapers and wipes
- Diaper pail/bin and liners
- Diaper cream
- Baby shampoo and body wash
- Baby Towels
- Bathtub
- Baby hair brush
- Digital thermometer
- Nail clippers
- Baby Fever Reducers
- Cool Mist Humidifier
- Glider or rocking chair

Grocery Shopping List

ESSENTIALS

MISCELLANEOUS

NOTES

Freezer Meal Ideas

CHICKEN POT PIE

SHRIMP & VEGGIE STIR FRY

MACARONI & CHEESE

ORANGE CHICKEN

MEATBALLS

PIZZA CASSEROLE

Freezer Meal Ideas

MEATLOAF

BAKED SPAGHETTI

SLOPPY JOES

STROGANOFF

GOULASH

LASAGNA ROLL UPS

Meal Train Schedule

MON

NAME

TUE

NAME

WED

NAME

THU

NAME

FRI

NAME

SAT

NAME

SUN

NAME



Baby Schedule

You need to figure out your new normal now that your baby is born. Jot down your baby's feeding and sleeping time and how often you change his/her diapers here.

FEED

DIAPER CHANGE

SLEEP

