

Pregnancy

You are pregnant and feeling a bit overwhelmed. You are trying to prepare for your next prenatal appointment, attending work each day, working with FMLA, getting ready for your maternity leave, preparing for the gender reveal, the baby shower, your birth plan, organizing all the new baby stuff, setting up the nursery and that's just to name a few.

Inhale...Exhale...you've got this. Let's take it one thing at a time. I created some printable checklists below to help alleviate some of the stress you may be experiencing. If you have any questions, I will be happy to assist.

Labor/Birth Prep

Labor is not too bad right? Just get an epidural and you won't feel a thing! Not exactly, labor is different for every birthing person. You want to be sure you are equipped to labor at home as needed. You also want to be sure you bring any essentials with you to the hospital. Preparation is key. You will want to get ready in advance if possible (I have an inkling you probably are, which is why you are here). Take a look at the printable checklists below. If you have any questions, please do not hesitate to contact me.

Postpartum Prep

You have everything ready for baby but not quite sure you are prepared for afterbirth. The hospital has you covered right? Well, yes and no. The hospital does indeed provide some supplies. However, what they do provide is limited and not all inclusive. Feel free to print the checklists below. If you have any questions, I will be happy to assist.

Toddler's Table

Welcome to the Toddler's Table. Are you a working parent? Are you a stay at home mom? Are you looking for some budget friendly ways for your little one to have fun? As a toddler mom, I know the struggle to find creative ways to engage their growing minds. Below are some activities I created for our toddler and made available to you. If you have any questions, please feel free to contact me. Enjoy!