

An Early Labor Plan

Finalize the Hospital Bag:

What items need to be added last minute? (Phone Chargers, snacks, slippers, tooth brushes, etc)

Last minute Logistics:

What tasks need to be completed before we leave? (pet care, trash out, neighbors alerted, etc)

Alert the Troops:

My doctor/midwife's number: _____

My Doula's Number: _____

Who else needs to be notified? _____

Nourishment:

What foods do I want to eat during early labor?

Resting Plan:

What steps will I take to rest/sleep during early labor? Bath? Positions?

Distractions:

What would I like to use for distraction? Specific movies? Tasks?

Do I have an early labor project? Baking or cooking? Finalizing baby room details?
