



*Prep for Baby*

# ULTIMATE GUIDE TO NESTING

GET ORGANIZED, STAY SANE, AND PREPARE WITH CONFIDENCE.  
YOUR STEP-BY-STEP GUIDE TO GETTING READY FOR BABY.





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# 01

## WHAT IS NESTING ?

Nesting is the instinctive urge many pregnant women experience to prepare their home for their baby's arrival. For some it shows up as a cleaning spree, for others it's organizing, shopping, planning, or all of the above.

While it can feel overwhelming, nesting is actually a powerful way to prepare both physically and mentally for motherhood. Creating a calm, functional, and welcoming space for your baby helps ease anxiety and builds confidence as you head into the newborn phase.

*LET'S DO IT!*



# 02

## WHEN TO START

Nesting typically begins in the second or third trimester as energy levels shift and the anticipation of baby's arrival grows. While there's no "right" time to start, beginning preparations earlier in the third trimester allows you to complete physically demanding tasks before late-pregnancy fatigue sets in. Larger projects such as decluttering, assembling furniture, and deep cleaning are best addressed sooner, while lighter tasks like washing baby clothes and stocking the diaper bag can be saved for later.



It's wise to plan your nesting timeline with a target finish date of around 36–37 weeks. This ensures that essential preparations are complete should your baby arrive earlier than expected. Creating a master checklist and breaking it into weekly goals will help you stay organized and reduce stress, making the process both practical and manageable.

# TIPS FOR GETTING STARTED

# 03

If the idea of “nesting” feels overwhelming, you’re not alone. Between pregnancy symptoms, work, and family life, the thought of organizing your entire home before baby arrives can feel impossible. The good news? Nesting doesn’t have to be perfect or done all at once. The key is to start small, stay consistent, and focus on what matters most for your family.

Here are some tried-and-true steps to help you get started:

## 1. Make a Master Checklist

Before diving in, write down everything you’d like to accomplish before baby arrives. This includes home projects, deep cleaning, organizing, and even administrative tasks like hospital registration or updating your will. Having it all in one place helps you see the big picture—and check things off as you go (so satisfying!). This guide includes an example check-list you can modify to make your own.

## 2. Set Your Nesting Timeline

Once you’ve made your checklist, determine how much time you realistically have to prepare your “nest.” You may want to plan to finish nesting early so you’re not scrambling at the last minute—especially since babies have a way of arriving on their own schedule! Once you know your timeline, break your checklist into weekly chunks based on when you want everything wrapped up.

## 3. Prioritize What Matters Most

Not everything needs to be done before baby. Ask yourself: What will make life easier once we bring the baby home? Focus on function first, and leave “nice-to-haves” (like picture-perfect décor) for later if time and energy allow.

## 4. Embrace Flexibility

Finally—remember that no nesting journey looks the same. I had big plans each week, and while I didn’t check everything off, the progress I made gave me peace of mind heading into my delivery. Your nesting doesn’t have to be Pinterest-perfect—it just has to work for you.

# COMPLETE NESTING TO DO LIST

Preparing for a new baby often involves a wide range of tasks, and it can feel overwhelming without a clear plan. This guide is divided into two parts: Part 1 outlines key categories all expecting parents should consider, while Part 2 provides a detailed, step-by-step checklist as an example. The lists are designed to be comprehensive, recognizing that every family's situation is unique—whether you are a first-time parent, expecting your second child, or balancing the needs of pets alongside a newborn. Use these resources as a framework and customize them to fit your specific circumstances.



## DECLUTTER, ORGANIZE, AND CLEAN

A clutter-free environment promotes both safety and peace of mind. Focus on removing unnecessary items from high-traffic areas such as the kitchen, living room, and hallway closets to create more functional space. A clean home and organization systems—like labeled bins for baby clothes and essentials—will help reduce stress once you bring your newborn home.



## BUILD YOUR BABY REGISTRY

A baby registry allows friends and family to provide practical support. Include essentials such as diapers, bottles, swaddles, and a safe sleep space. Avoid overloading your list with novelty items and instead prioritize what you will realistically use during the first six months. [View Ultimate Baby Registry Check-List for Expecting Mom.](#)



## ORDER FURNITURE AND BABY ITEMS

Larger purchases, including the crib, car seat, and stroller, should be ordered well in advance to allow for delivery delays and assembly. Confirm that all items meet current safety standards and register your products with the manufacturer for recall notifications.



## **PLAN FOR MATERNITY LEAVE**

Understanding your leave options and finalizing a plan with your employer reduces last-minute stress. Consider how long you intend to be away, what tasks need coverage, and how you will manage finances during this period. Having a plan in place allows you to focus fully on recovery and bonding with your newborn.



## **PREP BABY'S NURSERY**

Ensure the nursery has all essential items—such as a safe crib, changing station, and storage for clothing and supplies. Wash clothing and bedding in a fragrance-free detergent to reduce skin irritation. Organize essentials so they are easily accessible for nighttime feedings and diaper changes.



## **DEVELOP A PLAN FOR OTHER CHILDREN & PETS**

If you have older children or pets, establish a care plan before delivery. This may include arranging childcare during your hospital stay, preparing siblings for the new baby, or helping pets adjust to new routines. Advance planning minimizes disruptions and promotes a smoother family transition.



## **DECIDE ON CORD BANKING**

Cord blood and tissue banking is a time-sensitive decision that must be made before delivery. Review the options for private banking, public donation, or declining storage. Consider your family's medical history and financial resources when determining the best choice.



## ADMINISTRATIVE TASKS

Complete necessary paperwork prior to your due date. This may include pre-registering with your hospital or birth center, confirming insurance coverage, reviewing beneficiary information, and updating legal documents such as a will or power of attorney. Preparing these in advance ensures fewer distractions after delivery.



## SETUP STATIONS AROUND THE HOME

Setting up multiple “baby care stations” can reduce stress in the early weeks. Place diapering supplies, burp cloths, and feeding essentials in key rooms to avoid unnecessary trips when your baby needs attention. This practical step improves efficiency and helps you conserve energy during recovery.



## PACK YOUR HOSPITAL BAG

Having a hospital bag packed and ready by 35–36 weeks ensures you are prepared in case of an early arrival. Include essentials such as identification, insurance information, comfortable clothing, toiletries, and items for the baby like a going-home outfit and an installed car seat. Consider also packing snacks, phone chargers, and comfort items to make your hospital stay smoother.



## MAKE TIME FOR SELF-CARE

Prioritize personal care before your due date by scheduling appointments such as dental cleanings, haircuts, or wellness visits. Incorporating self-care not only supports your physical health but also boosts emotional well-being as you transition into the postpartum period.

# COMPREHENSIVE EXAMPLE CHECK-LIST

## Organize, Declutter, and Clean

- Donate, sell, or dispose of items that no longer serve your household
- Organize baby room and storage closets
- Label bins by size or category (newborn clothes, 0–3 months, toys, postpartum supplies)
- Clear shelf space in fridge/freezer for breastmilk storage or formula.
- Deep clean home

## Build Baby Registry

- Choose where you would like to register
- Prioritize essentials and avoid duplicate or novelty items



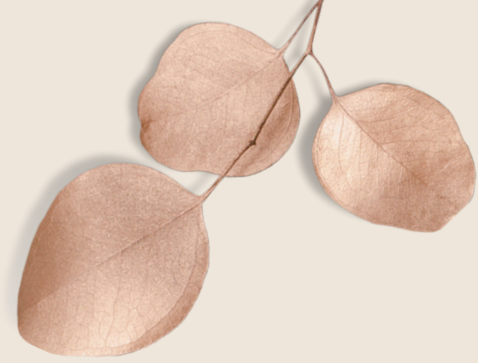
## Prep Nursery

- Order and assemble necessary furniture
- Stock changing table
- Organize baby clothes
- Install and test baby monitor
- Add finishing touches, but don't let décor delay essentials

## Plan Your Leave from Work

- Finalize leave dates
- Determine who will cover necessary work while you are away
- Close out any necessary projects or work





### **Admin Items**

- Register at hospital for delivery
- Choose pediatrician
- Update will and beneficiaries
- Determine if cord banking is right for your family
- Review insurance coverage for delivery and baby's first year
- Plan to add baby to insurance policy after birth (time-sensitive).

### **Prep Car**

- Have Car Services
- Wash or detail cars
- Install car seat
- Install car monitors or mirrors to see child
- Keep tank at least half full as you approach due date

### **Prep for Hospital Stay**

- Pack Hospital Bag
- Have Partner Pack Bag for Themselves (they will need similar items as you)
- Pack Bag for Older Children (if they will be staying with someone else while you deliver)
- Make arrangements for other children and pets
- Prep guestroom(s) for anyone who may stay at your home to help you

### **Feeding Prep**

- If breastfeeding: Order breast pump (through insurance, if applicable)
- If formula feeding: purchase formula and learn safe prep/storage practices
- Stock burp cloths, nursing pads, and a water bottle near nursing/pumping areas



## **Wash and Sanatize (Use baby-safe detergent and follow manufacturer instructions)**

- New Baby Clothes
- Pumping Equipment
- Bottles and pacifiers

## **Setup Stations**

- Post-Partum/Pumping Cart
- Bottle Station
- Baby Bassinet
- Consider secondary diaper stations in living room or main floor and your bedroom

## **Prepare for Return Home**

- Stock-up on groceries and cleaning supplies
- Prepare frozen meals
- Stock bathroom with postpartum essentials (pads, peri bottle,, stool softeners, etc.)
- Have comfortable clothing ready (nursing bras, loose loungewear)

## **Health & Safety Prep**

- Review safe sleep guidelines (crib/bassinet setup: firm mattress, no loose bedding)
- Baby-proof key areas (outlets, cords, cabinets, etc.)
- Create a baby medicine kit (infant thermometer, gas drops, saline spray, etc.).

## **Self-Care (pick and choose items that will help you feel best)**

- Pre-natal massage
- Hair color and cut
- Manicure/Pedicure
- Spend quality time with older children, friends, and family
- See a movie



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## WEEKLY CHECK-LIST TEMPLATE

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Week 5

Week 6

# THANK YOU FOR READING!



I'M LINDSEY — A WORKING MOM TO A BUSY ONE-YEAR-OLD WITH BABY NUMBER TWO ON THE WAY. LIFE IS FULL, A LITTLE CHAOTIC, AND CONSTANTLY EVOLVING, AND I WOULDN'T HAVE IT ANY OTHER WAY. I CREATED BUMP AND READY AS A SPACE TO CONNECT WITH OTHER MOMS WHO ARE IN THE THICK OF IT — BALANCING WORK, MOTHERHOOD, AND EVERYTHING IN BETWEEN.

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