

## Things to Remember Checklist

- Sign up for classes you may be interested in
- Pack your hospital bag
- Wash your sleep sack and put it in your hospital bag
- Make a list of any medications or vitamins you are taking with the correct dose and put it in your wallet
- Stock up on Tylenol, Advil and stool softeners
- Watch the education videos on the website or on Co-Health
- Arrange follow-up care for your newborn with your family physician or paediatrician
- Read your car seat instruction manual and know how your car seat works