

What Makes this Planner So Fabulous?

Once you've discovered that you're pregnant (congratulations, by the way!), a whole new world of decisions opens up for you regarding prenatal care, labour, birth and baby care. The list seems endless: where to birth your baby, who to choose as caregiver, pregnancy tests and procedures, birth plans, necessary items for baby and more. Searching for information about pregnancy and birth over the Internet or in your local bookstore can be overwhelming, with all the choices and opinions about having a baby. There is much to do and many decisions to make, but where do you start?



This planner doesn't have all the answers, as we are all quite different people; however, it does provide the framework you'll need to organize your pregnancy into five manageable steps:

Step 1: Decide on the type of birth that you'd like and then interview and select your ultimate health care team to support your choices for pregnancy, labour and birth.

Step 2: Use your planner to make note of your body changes and your questions, so that you are well prepared for your appointments with your caregiver and support professionals.

Step 3: Organize your home and your life to make a smooth transition to becoming a family.

Step 4: Prepare for your labour and birth spiritually, emotionally and physically.

Step 5: Plan ahead to make life easier during those energy-charged first weeks after your baby is born.

We wanted this planner to be both practical and useful, so we asked many experienced mothers about the pregnancy planner they would like to have used. Their excellent suggestions helped us to create the planner that you are now holding, a planner that:

♥ Has a place for you to write down how your body is changing, how you are feeling and all of your questions. You can keep track of the special moments, as well: when you first felt your baby move, when you first heard your baby's heartbeat, etc.

- ♥ Includes pages for you to organize your thoughts before your scheduled caregiver appointments, write down the answers to your questions, and record your test results.
- ♥ Has a section for versions of your birth plan. Organizing your thoughts will help you to communicate to your caregiver and support professionals what is important to you for your birth.
- ♥ Is beautiful enough to be a keepsake for you and your baby. We've designed a place for you to include pictures of you (or you and your partner) at each trimester, so that you can look back and remember your body changes throughout your pregnancy.
- ♥ Includes Dad in your pregnancy and provides pages for him to write down messages from his heart, as well as his perspective of your pregnancy and birth.
- ♥ Is sensitive to single moms whose partner is not a part of her life. We have organized our planner for you to be able to remove the dad contribution pages, if that is appropriate for you and your baby.
- ♥ Has a section for you to record the fun things of pregnancy: how you found out that you were pregnant, how you shared the news with your beloved, your family and friends.
- ♥ Offers mom-to-mom tips throughout the book from experienced moms who have found easier ways to handle pregnancy, birth and postpartum recovery.
- ♥ Includes a master to-do list for tasks that you would like to complete before your baby is born and weekly to-do lists for you to manage your time.
- ♥ Has a place for you to write down baby gift ideas that you would love to have, in case someone asks what you *really* need or want.
- ♥ Offers suggestions to celebrate your journey to motherhood and activities for you to prepare for your labour and birth spiritually, emotionally and physically.
- ♥ Helps you become better informed and prepared for breastfeeding before you have your baby. Your chance of success increases significantly this way.
- ♥ Has a list of baby things that are organized into what you absolutely need before your baby is born and the baby things that can wait for a bit.



- ♥ Includes a list of items to pack if you are having a hospital birth, including natural remedies to help you recover more quickly. We've thought of a few things that many people forget and we've included spaces for you to add everything that is important to you.
- ♥ Has a place for you to write your birth story and record all the information of your baby's birth: time of birth, weight, length, attendants, etc. When your baby grows up, he will love to read about the day that he was born. (You will, too!)
- ♥ Contains the essentials of a weekly planner: calendars, week-at-a-glance pages, to-do lists, contacts, favourite websites and baby gifts you receive when you are on the go.
- ♥ Includes a page for you to list the people you want to call right after your baby is born. This is usually your partner's job, once you and your baby are resting after all your hard work. If the names and numbers are handy, the job is so much easier.
- ♥ Has a place for you both to look back over your pregnancy, labour and birth and note the highlights – the funny things, the challenging moments and how you have changed.

We hope that you find your journey to motherhood rewarding and fun. We feel that by using this planner, you will be better prepared to welcome a baby into your life, and that is such a great accomplishment!

Congratulations, once again.