
Go Bag!

Week 30 of 40

Activity

Play Scrabble together, if you don't have it see if you can borrow one from a friend! Winner gets to pick a treat for you to share!

Advice

The Go Bag! It can be kind of crazy putting it together, many first time mom's pack way too much! Your time in the hospital will go faster than you think!

Do a little research and put together what you want in your go bag! You can put more things in later, or even take more out. But start getting it ready now so you have one less thing to be stressed about!

Discussion Points

- *What will mommy need in the Go Bag? Think comfort!*
- *Does daddy want to bring anything to keep him busy? We brought a couple seasons of our favorite show to help the time pass!*
- *What do you need to pack for baby? It would be good to pack things for baby in your diaper bag!*

Goal

Start Packing your Go Bag! Or at least making a list of things you want to bring! Don't forget to pack for the whole family, but only pack what you think you will really use! Ask around (favorite saying of mine☺) to see what others used and what they didn't!