

Nesting party



Checklist



BUMPS 'N' BABIES
EST 2005

www.bumpsnbabiesstore.com



WHEN TO HOST:

35–38 weeks pregnant



WHO TO INVITE:

3–6 trusted friends or family members (the ones you're comfy with seeing your laundry pile!)



BEFORE THE PARTY

- Choose a date and time
- Create a to-do list of what you actually need help with
- Send casual invites (text, group chat, or e-vite)
- Prep easy snacks and drinks or charcuterie themed boards?
- Make a chill playlist or queue up your favourite lo-fi vibes
- Light a candle or plug in a diffuser—cozy is key!



WHAT TO DO ON THE DAY

- Build or set up any nursery furniture
- Wash, fold & sort baby clothes by size
- Organise nappies, wipes & baby care items
- Pack or double-check your hospital bag
- Clean key areas: nursery, bathroom, kitchen
- Set up feeding supplies (bottles, pump parts, etc.)
- Make & freeze 4–8 easy meals
- Baby-proof high-traffic areas

♥ OPTIONAL SWEET EXTRAS

Group photo of “Team Baby”

Each guest writes a message or birth wish for the baby

Share gentle affirmations or birth positivity

Little self-care surprise for the parent-to-be

★ Tip: Don't stress. This isn't about being perfect—it's about being supported.



UMPS 'N' BABIES
EST 2005

www.bumpsnbabiesstore.com