



THE ULTIMATE CHILDBIRTH IN GERMANY CHECKLIST FOR EXPATS

PRE - LABOR

- Gynecologist
- Midwife
- Pediatrician
- Shop Baby Items*
- Register for birth
- Prenatal Fitness Classes
- Parenting Support Groups
- Baby & Birth Prep Classes
- Pack Birth Bag/Essentials
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POST - LABOR

- Plan Midwife Visits
- Pediatrician Appointments
- Gynecologist Follow-up
- Birth Certificate
- Family Health Insurance
- Child Passport(s)
- Nursery School
- Labor Recovery Classes
- Children Allowance
- Parental Allowance
- Baby & Parent Classes
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**See our "Minimalist Baby Shopping List"*

What other items do you have on your baby/birth prep list?
Use the empty spaces above to write them down!