

BabyCenterTM

MAGAZINE

Childbirth Secrets
 What Brand-New Moms
 Wish They'd Known

**10 Easy Meals
 To Freeze Now**
 (You'll Thank
 Yourself Later)

How to Ease an

**Must-Have
 Newborn Gear**



It's in the Bag

While you're out enjoying your last days of freedom, make sure you're toting these third-trimester essentials

- 1 **Nutrition bars** As yummy as a cookie but packed with folic acid, protein, and fiber
- 2 **Tinted moisturizer** Even out your skin tone so you look like you actually slept last night
- 3 **Mad money** Or cab fare to the hospital
- 4 **Windup phone charger** In case your phone runs out of juice just as you're about to call and say, "Honey, I think it's time..."
- 5 **Eye mask and earplugs** So you can stretch out and nap anywhere, anytime
- 6 **Stain-removal wipes** Because you're big and clumsy and spill things all over your clothes
- 7 **Acetaminophen** Takes the edge off all those

1 Nutrition bars As yummy as a cookie but packed with folic acid, protein, and fiber

POST

Erin Potts
 BabyCenter
 mom-to-be
 at 38 weeks

