

# Birth Abroad Checklist

This checklist has been put together to help you as you plan and prepare to give birth in your host country. It is meant as a guide to help you consider different options and to feel as prepared as possible for your precious new arrival.

- Visited local hospitals and health centres and decided on a care provider
- Checked with care provider about provision of translation services, if required, and made arrangements for a private translator if needed
- Researched your birth options and made a birth preferences list (see [www.bumpsbirthsandbabiesabroad.com](http://www.bumpsbirthsandbabiesabroad.com) for free download)
- Spoken to your care provider and friends who have given birth locally to hear what to expect and what you will need for the birth
- Researched maternity care in your passport country, decided if there are any aspects of the care you would like in your host country and asked your care provider if/how this can be facilitated
- Spoken to your family about what you expect from your pregnancy, birth and postnatal care and how they can support you in this and when would they be able to visit you
- Asked your care provider and friends if there are any pregnancy, new parenting groups or classes you can join in your community as a way to build connection and friendships with other expectant and new parents



- Asked your care provider what to expect in terms of care after your baby has been born. Check ups may be at home or in the clinic and it is important to know how often they would like your baby be weighed and what the vaccination schedule is
- Checked if there are any financial costs for the maternity care you are receiving and if so, how much this is, whether this is covered by your existing insurance and if this need to be paid up front
- Found out what the process is for your baby's citizenship/visa/passport application and which pieces of paperwork you need
- Looked into Corona virus restrictions in your country and how this may impact your ability to travel to your appointments and to the place you have decided to give birth, or your midwife's ability to reach you for a home birth
- Asked your care provider how their Corona virus measures will impact your appointments and birth experience. There may be restrictions on visitors, visiting hours, requirements for tests, staff wearing protective equipment etc.

