

Confinement countdown checklist

Reach your due date with the help booked, the bag packed and the paperwork mapped out, one small job at a time. Count the weeks back from your estimated due date and write the real date beside each one.

Estimated due date _____ Hospital _____

1 Before baby arrives

- | | | | |
|--------------------------|-----------------------|--|------------|
| ☐ | Week 20 before | Book confinement help
Nannies and caterers for popular months fill early. Decide what help you want and book it. | Date _____ |
| ☐ | Week 16 before | Plan the money
Run the Baby Bonus Maximiser and decide how much you will save into the CDA. | Date _____ |
| ☐ | Week 12 before | Book antenatal classes and a delivery-ward tour
Ask your hospital what it runs and when. | Date _____ |
| ☐ | Week 8 before | Choose your CDA bank
You pick POSB/DBS, OCBC or UOB in the Baby Bonus part of birth registration, so decide now. | Date _____ |
| ☐ | Week 8 before | Tell your employer about maternity leave OFFICIAL
MOM: at least 4 weeks before your leave starts, and leave can start 4 weeks before the birth. Agree dates with both employers; the Parental Leave Planner shows how the weeks fit. | Date _____ |
| ☐ | Week 6 before | Pack the hospital bag
Both parents' NRICs, marriage certificate, antenatal notes, baby's going-home outfit, chargers, snacks. | Date _____ |
| ☐ | Week 4 before | Sort the logistics for the big day
Car seat fitted, route to the hospital, who looks after older children. | Date _____ |
| ☐ | Week 4 before | Stock the first fortnight at home
Diapers, wipes, feeding things, easy meals, and a list of who brings what. | Date _____ |

2 After baby arrives

- | | | | |
|--------------------------|---------------------|--|------------|
| ☐ | Birth | Keep the hospital's birth papers safe
You need the birth details to register on LifeSG. | Date _____ |
| ☐ | Week 2 after | Register the birth on LifeSG OFFICIAL
Within 42 days of birth, S\$18 per child. LifeSG asks for a credit or debit card; ICA's page also lists PayNow. A digital birth certificate is issued. | Date _____ |
| ☐ | Week 2 after | Enrol for the Baby Bonus or the SG Child Support Package in the same flow OFFICIAL
Optional and only if eligible. You give a parent's bank account, your CDA bank and the trustee's details. | Date _____ |
| ☐ | Week 3 after | Open the CDA at your chosen bank OFFICIAL
Follow the email and LifeSG notification you receive after enrolment. The First Step Grant is paid in automatically. | Date _____ |
| ☐ | Week 4 after | Book the 2-month vaccinations
The next doses on the national schedule are due at 2 months. Track them on the Vaccination Record Card. | Date _____ |
| ☐ | Day 42 | Last day to register the birth OFFICIAL
If it is done, tick and rest. | Date _____ |

Our confinement contacts and helpers

Put every number you will need at 3am on one page, and agree who does what in the first weeks before anyone is tired.

Who	Name	Phone
Hospital delivery suite		
Obstetrician or clinic		
Baby's doctor or polyclinic		
Confinement nanny		
Confinement food caterer		
Lactation help		
Family helper		

1 Who does what in the first weeks

Job	Weekdays	Nights and weekends
Meals for mum		
Laundry and cleaning		
Older children		
LifeSG and bank admin		

Official steps are marked Official. Every other line is common practice, not a rule; move it to suit your family. Born from 1 April 2027? The SG Child Support Package replaces the Baby Bonus, and enrolment is offered in birth registration.

Sources: LifeSG, Register your child's birth, life.gov.sg/services-tools/birth-registration; LifeSG, Baby Bonus Child Development Account (CDA), life.gov.sg/family-parenting/benefits-support/baby-bonus-scheme/cda; LifeSG, SG Child Support Package, life.gov.sg/family-parenting/benefits-support/sg-child-support-package; Communicable Diseases Agency, Vaccinations (National Childhood Immunisation Schedule), cda.gov.sg/public/vaccinations, checked 10 October 2026; MOM, Planning your maternity leave, mom.gov.sg/employment-practices/leave/maternity-leave/planning-your-leave, and ICA, Register Birth and Download Digital Birth Certificate, ica.gov.sg/documents/birth/birth_registration, checked 12 October 2026, with LifeSG birth registration re-read the same day.