

Your Pregnancy Checklist

First Trimester (weeks 0-13)

- Let your PCP know about all medications you're taking, including prescribed, over-the-counter or herbal. They will let you know if you should continue taking these medications.
- Take a daily prenatal vitamin with iron. The folic acid in it reduces the risk of defects in your baby's spine.
- Know what your health insurance pays for and where to get help if you don't have insurance.
- Find a midwife or obstetrician. Your PCP or insurance plan can help.
- Set up a prenatal appointment.
- Talk to your obstetrical provider if you're interested in genetic testing
- Are you smoking, drinking alcohol and/or using drugs? Talk with your PCP, obstetrical provider and/or reach out to a treatment program for assistance. These habits affect your baby's development.
- Avoid secondhand smoke
- Get plenty of rest. Pregnancy is exhausting!
- Schedule a dental cleaning
- Follow safe food-handling recommendations
- Hydrate with eight glasses (8 ounces) of fluid a day. For every hour of light activity, drink an additional 8 ounces. Eat healthy. Nausea can make this difficult, so try eating smaller meals more often throughout the day to aid your discomfort. It helps if you stock your kitchen with healthy foods.

- Avoid hot tubs and saunas
- Think of how and when you will announce your pregnancy.
- Research childcare centers if you plan to return to work or school; many have long waiting lists
- Start a baby name list. Have fun writing down the possibilities.
- Make a baby budget. Think about clothes, food, diapers, toys, and other supplies that your family and new baby may need.
- Talk about parenting with your partner and family. You might start the conversation with a list of values you and your partner feel are important, including what your parents "always" and "never" did.

Second Trimester (weeks 14-27)

- Talk to your obstetrical provider about second-trimester visits and tests. Find out ahead of time what will happen at each visit so you're prepared and knowledgeable.
- Talk to your obstetrical provider if you have questions about modifying sports and activities you engage in.
- Start moisturizing your belly. It may not prevent stretch marks, but it'll help stop itchiness.
- Eat healthy. You now need 300 extra calories a day for you and your baby. Be careful of your sugar intake to prevent gestational diabetes.
- Continue to drink plenty of fluids.
- Prevent hemorrhoids by increasing your fiber to avoid constipation.

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- Get used to sleeping on your side now; it will help later as you get bigger. Sometimes it helps to use a few extra pillows. Consider using a "pregnancy pillow" that supports your entire body.
- Do Kegel exercises to strengthen your pelvic floor muscles and make your delivery easier.
- If pregnancy swelling is making your rings feel snug, take them off now.
- If you already have children, prepare them for the new baby. (Pets can also benefit from this.)
- Schedule a maternity tour of the hospital(s) you are considering delivering at.
- Check your life insurance and health insurance plans to make sure there is enough coverage for your family. You may also want to update your will and name a guardian for your child.
- Start searching for a doula if you plan on having one with you during labor and delivery. Talk to your obstetrical care provider about your decision. *During COVID-19 most facilities allow 1 visitor. Talk with your doula about virtual support.
- If you work, decide when it is good to tell your employer the news so you can make arrangements for your absence/leaving.
- Take online or in-person childbirth, breastfeeding, newborn care and infant CPR classes.
- Narrow down your baby names list to the ones you and your partner both like.
- Start working on your labor preferences worksheet.

- Think about your family's sleeping arrangements when your baby comes home. Make plans for these changes. It's recommended baby sleeps in the same room as you during the 1st year of life to prevent SIDS. If your nesting instincts are kicking in, go with it!
- Maternity clothes may be more comfortable even if your baby bump isn't showing yet.
- Plan something fun to do with your partner before the baby arrives.
- Start a baby registry.
- Celebrate your halfway point. At 20 weeks, you're halfway through your pregnancy!

Third Trimester (weeks 28-40)

- Talk to your obstetrical provider about third-trimester visits and tests. Find out ahead of time what will happen at each visit so you're prepared and knowledgeable.
- Create a birth plan and share your birth preferences with your partner and obstetrical provider.
- Get ready to breastfeed. Ask your obstetrical provider about the ins and outs of breastfeeding. Ask for a prescription for a breast pump and find out what your insurance covers.
- Learn about the three main stages of labor and birth. Ask your obstetrical provider so you can be prepared.
- Talk to your obstetrical provider about postpartum care.
- Discuss birth control with your obstetrical provider for after delivery.

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- Talk with your partner about decisions like when to clamp the cord, waiting to bathe baby, newborn vaccines, and if you plan to leave your son whole or circumcise.
- Ask friends and family for pediatrician references, then schedule interviews. Select your baby's pediatrician.
- Ask your insurance what you will need to do to add baby to your or your partner's insurance plan after birth.
- Make sure you, your partner/support person and family are clear about who will be in the delivery room. *During COVID-19 one visitor is welcomed.
- Decide where you want your partner/ support person to be during delivery (at your feet watching the delivery, at your head assisting you, etc.). Also, decide in advance if you want to see the baby come out with the mirror.
- Arrange for childcare for your older children for when you go into labor.
- Make sure your family members are up-to-date on their vaccines.
- Prepare your pet for the baby. Expose your pet to children when possible. Be sure your pet is up-to-date on vaccinations. Put out baby's things and let your pet smell everything.
- Spend quality time with your other children.
- Start "babyproofing" your home to protect baby from safety hazards.
- Sign up for a car seat check. Install your baby's car seat ahead of time so you're ready to drive the baby home from the hospital safely.
- Designate a family member or friend to coordinate a meal train for after birth.

- Stock your freezer with easy-to-prepare foods.
- Stock up on household supplies like toilet paper, shampoo, diapers, wipes, and dust all surfaces.
- Plan your ride to the hospital. Choose an alternative driver for backup.
- Find the quickest route to the hospital (consider rush hour and other times).
- Pack your hospital bags – one for Labor and Delivery and one for Mother/Baby.
- Practice comfort measure techniques with your partner/support person.
- Relax by reading books and taking naps (things that are difficult to do with a newborn).
- Gather supplies for your postnatal care.
- Complete important errands.
- Urinate frequently and empty your bladder completely each time. Expect some diarrhea. Frequent urination can help you progress once you are in active labor.
- Focus on your breathing to help you stay relaxed during labor.
- Don't panic if you go past your due date. This is a frustrating but common situation.