

PREGNANCY CHECKLIST

First Trimester

- ✓ Select a doctor or midwife.
 - ✓ Start taking a prenatal vitamin - ask your care provider if they have a specific recommendation. If your vitamin contributes to morning sickness, try sticking it in the fridge and/or taking it at bedtime.
 - ✓ Keep exercising, but don't start new or high impact routines. Listen to your body's cues and stop if you feel light-headed or are in pain.
- Read a couple of good quality books about pregnancy and birth:
- The Birth Partner by Penny Simkin
 - ✓ •Expecting Better by Emily Oster
 - Giving Birth With Confidence by Judith Lothian
 - Pregnancy, Childbirth, And The Newborn by Penny Simkin et al.
 - The Thinking Woman's Guide to a Better Birth by Henci Goer
- ✓ Talk to your company's HR department about your maternity/paternity care options.
 - ✓ Research your health insurance benefits; many companies offer a free breast pump and some reimburse for other expenses including prenatal classes and/or doula services.



PREGNANCY CHECKLIST

Second Trimester

- ✓ Announce your news to family and friends if you have not done so already.
- ✓ Shop for maternity clothes.
- ✓ Sign up for any prenatal education you are interested in: childbirth classes, newborn care, infant safety, breastfeeding, etc.

✓ Begin exploring your preferences for labor, such as whether you think you want to use natural comfort measures or medical pain management techniques, if you prefer delayed cord clamping, research cord blood banking, explore placenta encapsulation options, etc.

✓ Think about whether you want to hire a doula and begin interviewing to find one you feel comfortable with.

✓ Consider adding prenatal yoga to your exercise routine.

✓ Take a hospital tour.

✓ Start shopping - create a gift registry! Begin planning your baby shower if you are having one.

✓ Begin exploring childcare options if you will be returning to work.

✓ Set aside some time for rest and relaxation with your partner.

PREGNANCY CHECKLIST

Third Trimester

- ✓ Complete your birth plan and discuss your preferences with your partner, care provider, and doula.
- ✓ Discuss any relevant hospital protocols and policies with your care provider.
- ✓ Practice relaxation and meditation for birth.
- ✓ Pack your bags for the hospital.
- ✓ Take maternity pictures and/or choose a photographer for newborn portraits.
- ✓ Purchase and install a car seat. Make sure to have it checked by a CPST.
- ✓ Make sure you have the basics for bringing your baby home.
- ✓ Organize support for the postpartum period; identify local resources, set up a mealtrain, identify your preferences for newborn visitors.
- ✓ Choose a pediatrician.
- ✓ Set aside some time for rest and relaxation with your partner.
- ✓ Narrow down your list of baby names.
- ✓ Make a list of names and addresses for birth announcements.
- ✓ Rest, rest, rest!