Pregnancy

To-Do list

First Trimester (Weeks 1-12):

- Choose an obstetrician, midwife, or birthing center and schedule your first appointment.
- Begin taking prenatal vitamins with folic acid.
- Adjust your diet to include a variety of healthy foods.
- Stay hydrated by drinking plenty of water.
- Educate yourself about pregnancy and childbirth.
- Download a pregnancy app.
- Check your health insurance coverage.
- Plan your pregnancy announcement.
- Listen to your body and rest as needed.

Second Trimester (Weeks 13-27):

- Schedule regular prenatal check-ups with your healthcare provider.
- Announce your pregnancy.
- Create a birth plan with your healthcare provider and partner.
- Invest in comfortable maternity clothing.
- Begin brainstorming baby names.
- Enroll in prenatal classes (childbirth, baby care, breastfeeding etc.).
- Plan and decorate the baby's nursery.
- Maintain a balanced diet and exercise routine.
- Research and choose a pediatrician.
- Explore your workplace's parental leave policies.
- Create a baby registry.

Third Trimester (Weeks 28-40+):

- Attend your baby showers.
- Double-check your baby gear and purchase any missing items.
- Install the car seat.
- Wash baby's clothes.
- Practice breathing and relaxation techniques for labor.
- Arrange for postnatal support (doula, family, meal deliveries).
- Notify your employer of your maternity leave plans.
- Prepare a hospital bag with essentials for labor and postpartum.
- Stock up on healthy snacks for labor and recovery.
- Stock up on household essentials.
- Come up with the baby's name.
- Write out your birth plan.
- Take time for self-care and savor the final moments of pregnancy.