

Pregnancy Milestones

First trimester

1. Positive pregnancy test
2. First prenatal appointment
3. Morning sickness
4. Sharing the news with family/friends
5. YOU noticing your bump
6. First pregnancy craving

Second trimester

7. Hearing (and seeing) the heartbeat for the first time
8. Announcing your pregnancy
9. Quickening (first baby flutters and movements you feel)
10. Anatomy scan
11. Finding out the sex
12. Purchasing maternity clothes
13. Having a stranger notice your bump!
14. Partner feeling baby move

Third trimester

15. Having baby shower
16. Finishing baby's nursery
17. Nesting (the overwhelming desire to get your house ready for baby)
18. Switching to weekly prenatal appointments
19. Packing your hospital bag
20. Due date!