

First Trimester Checklist

- Find an OBGYN/Midwife
- Schedule your first prenatal appointment
- Start or continue taking a prenatal vitamin
- Find out what medications are safe to take while pregnant
- Quit smoking and drinking
- Maintain a healthy and balanced diet
- Drink plenty of water
- Get enough sleep and rest when needed
- Research food to avoid/safe foods to eat during pregnancy
- Limit your caffeine intake (ideally, 100 mg or less)
- Start a regular pregnancy-safe exercise routine
- Avoid high-impact exercises and contact sports
- Download a pregnancy tracking app
- Begin tracking your pregnancy milestones
- Look for a supportive community of other expecting mothers
- Make a list of questions to ask your healthcare provider at your next appointment

- Research your insurance coverage for prenatal care and delivery, and plan accordingly.
- Create a budget for baby-related expenses
- Plan your pregnancy announcement
- Decide whether you'll find out baby's gender
- Start thinking about potential baby names
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Second Trimester Checklist

- Continue going to prenatal appointments
- Officially announce your pregnancy
- Talk to your employer about your options for maternity leave
- Join a prenatal yoga or fitness class to stay active
- Take a babymoon with your partner
- Start your baby registry
- Plan a nursery theme and start decorating
- Learn about babywearing and choose a carrier that works for you.
- Have your mid-pregnancy (anatomy) scan
- Find out baby's sex
- Plan a gender reveal
- Go shopping for maternity clothes
- Take plenty of photos of your growing belly
- Research photographer for newborn pictures
- Think about/help plan your baby shower
- Consider hiring a doula for emotional support during labor
- Invest in comfortable pillows and a good mattress to help you sleep better

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- Listen to your body and rest when needed
- Research pediatricians
- Research childcare options
- Consider purchasing or increasing your life insurance policy
- Tour (or virtually tour) the hospital/ birth center you plan to deliver at
- Research childbirth classes and register for one that you feel comfortable with
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Third Trimester Checklist

- Start doing kick counts
- Attend childbirth classes
- Make a birth plan
- Take a breastfeeding class
- Attend a lactation support group
- Research postpartum depression and anxiety
- Take a baby care and CPR class
- Watch educational videos on newborn care
- Pre-register with your hospital
- Choose a pediatrician
- Prepare for maternity leave
- Finalize childcare for when you return to work
- Finish decorating baby's nursery
- Order a breast pump
- Schedule newborn photos
- Buy a baby book
- Read and listen to birth stories

- Meal prep and freeze meals for after the baby is born
- Pack your hospital bag
- Install baby's car seat
- Stock dresser and changing stations
- Sanitize and clean baby gear
- Stock up on postpartum essentials
- Finalize baby name
- Clean, declutter, and organize your home
- Go for short walks to get some exercise
- Make plans for childcare/pets when you go to the hospital/birth center
- Ask for help from family and friends
- Download a contraction app
- Practice breathing techniques for labor
- Learn about the signs and stages of labor
- Know when to call your provider
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