

Pregnancy to-do List



here is our pregnancy "to-do" list

for each trimester to help you stay organized

Note: The following are just guidelines and information to help you prepare for mommyhood. If things are not applicable, take them off your list and vice versa – if you need to add anything, please do!

Enjoy!

xo
Jess

first trimester checklist

For Healthcare

- Make your first prenatal appointment
- Schedule monthly appointments
- Make a list of questions for your provider
- Prenatal vitamins
- Schedule your 12 week ultrasound and nuchal translucency scan (between 11-13 weeks) - the nuchal translucency checks the measurement of fluid under the skin in the back of the neck of baby. Increased measurements can be associated with a greater risk for chromosome and sometimes congenital abnormalities. Blood work is also offered in conjunction for genetic screening as well as regular first trimester labs.

For You

- Manage pregnancy symptoms – see our “Pregnancy Guidebook” for details
- Start bump documentation
- Download a pregnancy app
- Plan pregnancy announcement
- Eat nourishing foods
- Reduce caffeine, alcohol, & stress
- Detoxify daily products
- Rest, take naps, listen to your body, go on a walk, go to bed early, skin care (moisturize), hydrate, pelvic floor exercises, and allow yourself time to relax.

For Relationship (if in one)

- If in a relationship, work on verbalizing your needs, practice open communication, and do your best to understand one another and where you're at. Practice this throughout your pregnancy. Most partners have not and will not ever experience what you are going through, so it can be hard for them to understand and sympathize with you. Along with that, have discussions about parenting, different styles, thoughts about the future and how to be a team when baby arrives, etc.

second trimester checklist

For Healthcare & Logistics

- Schedule 20 week ultrasound for anatomy scan
- Schedule monthly prenatal appointments
- Schedule second trimester labs & genetic screening (if applicable) and screening for gestational diabetes, which is typically done between 24-28 weeks. This consists of going into the lab, getting a sugary drink, then getting labs drawn an hour after drinking it. This is not a fasting test so you can eat your regular meals. Avoid a sugary or carb heavy meal as it may skew your results. A healthy breakfast before going in (ex: egg and avocado slices).
- If working, announce pregnancy to prepare for maternity leave

For Relationship (if in one)

- Go on a babymoon if you'd like and celebrate your growing family

For Baby

- Make a list of baby names
- Start setting up nursery
- Think about plans/needs for daycare, schedule a couple tours, and get baby on a waitlist if needed
- Build baby registry – see our “Baby Registry List” for suggestions (also consider hand me downs or lightly used items – many products are short lived)

For You

- Start building your mama community
- Continue self-care, physical exercise & stretching, skin care, pelvic floor exercises, and bump documentation
- Make a dental appointment
- Get some maternity clothes & a pregnancy pillow
- Pregnancy affirmations & begin our birth visualization
- Plan a baby shower or blessingway with loved ones to celebrate your pregnancy, your journey to motherhood, and your baby to be!

For Birth

- Start childbirth preparation and education – our “Labor & Delivery” and “C-Section” courses will cover all the bases!

Third Trimester checklist

For Healthcare & Logistics

- Schedule regular prenatal visits
- Schedule labs and get vaccines/rhogam (if applicable)
- Pack hospital bag – use our “Hospital Packing List” for reference
- Get a free breast pump with insurance (if applicable)
- If working, get everything situated so maternity leave can be a smooth transition
- Make a list of people to notify of baby’s arrival and assign this task to your partner, sibling, parent, etc.
- Establish a plan for spontaneous labor for yourself, pets, kids, etc.
- Take a tour of the Birth Center if delivering in a setting outside of your home & figure out where to park

For You

- Begin breastfeeding/bottle feeding education
- Learn about care for yourself and baby after delivery – Our “Mom, Baby & Breastfeeding” course covers it all
- Meal prep some freezer meals – I recommend labeling these and freezing them by lying them flat so they can easily be stacked in your freezer to conserve space
- Continue self-care, physical exercise & stretching, skin care, pelvic floor exercises, and bump documentation (option for maternity photos)

For Birth

- Discuss birth preferences and fill out our “Birth Intentions Worksheet”
- Finish your childbirth prep and revisit certain topics closer to date to refresh your memory
- Practice labor support positions with partner or support person
- Make a playlist for labor (calming), pushing (upbeat), or C-section (anything you choose)
- Begin naturally ripening your cervix at home with tips from our “Labor & Delivery” course at 39 weeks

For Baby

- Get any leftover registry items
- Finalize baby name or short list
- Install infant car seat into the car
- Pick a pediatrician
- Take an infant CPR class
- Finish preparing the nursery & home environment – wash baby's clothes (try a baby friendly detergent and avoid fabric softeners for their sensitive skin), gather other baby necessities, stock medicine cabinet with just in case supplies (thermometer, infant Tylenol/Motrin, nasal aspirator, etc.)

For Relationship (if in one)

- Go on some dates & enjoy time together
- Revisit communication in your relationship. Verbalize your needs, discuss how you envision your birth and what that experience will be like together, talk about your fears or anxieties around it, go over any expectations you may have of the other person during labor, and don't forget to talk about how you see your nighttime routine going when baby arrives, what kind of team you will be, etc.

fourth trimester checklist

(This is the twelve week period following birth)

For Healthcare & Logistics

- Schedule OB follow up appointment
- Schedule pediatric appointments
- Add baby to insurance (if applicable)
- Notify work of baby's arrival (if applicable)

For Baby

- Feed, diaper change, snuggle (it's the best), repeat
- Love on your baby and "ooh" & "aww" over everything
- Know that everything is a phase. This is my motto.

When it's tough, know it'll soon pass and when it's good, soak in every minute of it because it too, will soon pass.

- Focus on the beauty of mommyhood so you don't miss the fleeting moments during the messiness, chaos, and challenges.

For You

- Go outside, take a walk, get sunshine/vitamin D
- Rest and sleep whenever you can
- Eat nourishing foods for healing
- Hydrate, hydrate, hydrate!
- Be aware of your emotions & allow yourself to feel them
- Create mommy network – gather family, friends, neighbors, and build your village
- Learn to ask for what you need, reach out for help, and advocate for yourself.
- Engage in your favorite self-care activities, begin gentle exercise/stretching when ready, and continue pelvic floor exercises when healed.

For Relationship (if in one)

- Share duties & be a team!
- Verbalize your needs
Try each stating your top three priorities for the day and allow space for those needs to be met.
- Support one another in this transition, knowing this is new for both of you.
- Appreciate one another for what you bring to the family