

Your Pregnancy Checklist

Get ready for your new arrival with this helpful trimester-specific to-do list.

First Trimester

- Call your doctor for an appointment as soon as you believe you're pregnant.
- Know what your health insurance pays for and where to get help if you don't have insurance.
- Set up a prenatal appointment.
- Take your prenatal vitamin. The folic acid in it reduces the risk of neural tube defects.
- Ask your doctor to help you find an obstetrician, family physician, or midwife that you can trust.
- Ask your doctor about any current medications you're taking to make sure they're safe.
- Don't smoke. It's bad for your baby and increases chances of miscarriage and preterm birth.
- If you drink alcohol, stop now. One drink a day can harm your baby. Avoid recreational drugs as well.
- Cut down on caffeine. Large amounts of caffeine are linked to miscarriage and other pregnancy problems.
- Eat healthy. Nausea can make this difficult, so try eating smaller meals more often throughout the day to aid your discomfort. It helps if you stock your kitchen with healthy foods.
- Hydrate with six to eight glasses (8 ounces) of fluid a day. For every hour of light activity, drink an additional 8 ounces.
- Get a lot of sleep. Pregnancy is exhausting!
- Splurge on maternity bras and underwear. They can make a big difference in comfort.
- Start a baby name list. Have fun writing down the possibilities.

- Make a baby budget. Think about clothes, food, diapers, toys, and other supplies that your new baby may need.
- Talk about parenting with your partner. Start the conversation with a list of things your parents "always" and "never" did.

Second Trimester

- Talk to your doctor about second-trimester visits and tests. Find out ahead of time what will happen at each visit so you're prepared and knowledgeable.
- Find a prenatal exercise class where you can stay active and meet other mothers-to-be. Go to hmsa.com/hmsa365 for discounts on classes and fitness centers.
- If you want a professional labor coach (doula) to help during labor, start interviewing now.
- Be careful. A bigger belly means more restrictions on sports and activities. Talk to your ob-gyn for more information.
- Start moisturizing your belly. It may not prevent stretch marks, but it'll help stop itchiness.
- Do Kegel exercises to strengthen your pelvic floor muscles and make your delivery easier.
- Eat healthy. You need 300 extra calories a day for you and your baby. Be careful of your sugar intake to prevent gestational diabetes.
- Get your teeth cleaned. Clean teeth and healthy gums can help prevent premature birth.
- Sleep on your side (especially your left) to improve blood flow and reduce swelling.
- If pregnancy swelling is making your rings feel snug, take them off now.



An Independent Licensee of the Blue Cross and Blue Shield Association

Your Pregnancy Checklist

- Consider taking an online or in-person childbirth class.
- If you already have children, prepare them for the new baby. (Pets can also benefit from this.)
- Splurge on maternity clothes. Even if your baby bump isn't showing yet, maternity clothes may be more comfortable.
- Narrow down your baby names list to the ones you and your partner both like.
- If you'll need childcare for your baby, start researching your options.
- If you're planning to take maternity leave, talk to your supervisor.
- Take on some home improvement projects. If your nesting instincts are kicking in, go with it!
- Start a baby registry.
- Celebrate your halfway point. At 20 weeks, you're halfway through your pregnancy!

Third Trimester

- Talk to your doctor about third-trimester visits and tests. Find out ahead of time what will happen at each visit so you're prepared and knowledgeable.
- Choose a pediatrician. Ask family and friends for recommendations and set up interviews with two or three candidates.
- Keep track of your baby's movements and let your doctor know right away if your baby is moving less than usual.
- Take a tour of your hospital or birth center and see if you can preregister.
- Create a birth plan and share your birth preferences with your partner and doctor.
- Pack your bag and make a list of who to call and where to go when your contractions start.
- Switch from reading about pregnancy to reading about baby care.
- Consider taking classes on baby care, breastfeeding, infant CPR, and more.

- Assemble your crib, stroller, and other baby gear.
- Get ready to breastfeed. Ask your doctor about the ins and outs of breastfeeding.
- Learn about the three main stages of labor and birth. Ask your doctor so you can be prepared.
- Talk with your partner about decisions like circumcision and banking your cord blood.
- Set up the crib or bassinet.
- Talk to your baby. Your baby can hear your voice now, so start talking and start bonding.
- Wash your baby's clothing and bedding to remove any irritants in the fabrics.
- If you have the energy, make food for after your baby's birth. Double the recipes when you cook and freeze half. You'll be glad for the ready-made meals when you come home with your baby.
- Install your baby's car seat ahead of time so you're ready to drive baby home from the hospital safely.
- Stock up on household supplies like toilet paper, shampoo, diapers, wipes, and more.
- Get support from other moms-to-be to quiet those late-pregnancy jitters.
- Enlist some friends, family members, or a professional to help prepare your home for your newborn and help out after you give birth.
- Learn what your body will be like after birth. It's normal to still look pregnant after birth!
- Don't panic if you go past your due date. This is a frustrating but common situation.
- Talk to your doctor about postpartum care.

This suggested to-do list does not replace your doctor's care. Talk to your ob-gyn or your primary care provider if you have questions about this checklist.