

PREGNANCY TO DO LIST

Week 1 – 13 (1st Trimester)

- Find a midwife or obstetrician that supports your views on pregnancy, labor, delivery and postpartum.
- Schedule first prenatal checkup (usually 6 - 8 weeks)
- Take a daily prenatal vitamin
- Schedule a dental cleaning
- Research foods to avoid when pregnant
- Research insurance coverage for pregnancy, labor / delivery and pediatric care
- Make a budget to start saving
- Sign up for an app or email to track the size of your baby
- Start weekly bump pictures
- Plan if or how you would like to announce your pregnancy
- Get plenty of rest, hydrate and make time for self-care

Weeks 14 – 18 (2nd trimester begins)

- Start buying maternity clothes
- Research and plan maternity leave for you and partner
- Talk to your supervisor about maternity leave
- Interview doulas (if using one)
- Discuss with your midwife or doctor their views on induction, failure to progress, labor and delivery, newborn screenings and make sure it is in line with your desires
- If it's not a surprise, find out baby's gender
- Find nursery inspiration pictures
- Schedule self-care for the rest of pregnancy (i.e. – prenatal yoga, monthly prenatal massages, hair appointments)

Weeks 19 – 27

- Research college savings plans
- Research life insurance
- Create / update will
- Consider purchasing a pregnancy pillow
- Plan a babymoon
- Sign up for childbirth and breastfeeding classes
- Schedule hospital or birth center tour
- Confirm baby shower logistics (date, time, guest list)
- Finish baby shower registry
- Research placenta encapsulation and cord blood banking (if applicable)
- Choose childcare
- Schedule maternity, newborn and labor/ delivery photos

Weeks 28 – 32 (3rd trimester begins)

- Ask midwife or OB how they handle circumcision or prepare for Bris (if applicable)
- Confirm how you will add new baby to insurance plan
- Choose pediatrician
- Start preparing nursery
- Finalize baby names
- Purchase dress for baby shower

Weeks 29 – 33

- Start preparing freezer meals for postpartum
- Complete birth plan (aka birth wish list) and review with your OB or Midwife
- Finish nursery / prepare place in your room where baby will sleep
- Pack two bags hospital bags (1. labor and delivery and 2. Mom and baby)

- Finalize any delivery room details (i.e. music you may want, scents, heating pads, coping tools)
- Finalize who will take care of older children or pets while in hospital
- Research lactation consultants (if breastfeeding)
- Research any online or in-person postpartum groups
- Make sure you and your spouse are on the same page with hospital and postpartum visitors.
- Pre-register for hospital stay

Weeks 32 – 36

- Install car seat
- Purchase any necessary items left on your registry
- Purchase a baby book
- Set up diaper stations
- Set up feeding / bottle cleaning stations (with water and snacks for mama)
- Consider purchasing a mini fridge for bedroom for late night feedings
- Download a contraction timing app
- Baby proof home
- Schedule a deep clean of home

Weeks 36 – 40

- Purchase postpartum items
- Plan a date night or girls night out
- Rest, enjoy moments of silence, practice self-care