



Your Pregnancy Planning Checklist

As your baby grows, you can feel more confident by knowing exactly what steps to take—and when—to keep healthy and prepare for your baby's arrival. Friends, family and your healthcare provider are all great sources of support when planning for pregnancy, labor and postpartum. You can also use our pregnancy planning checklist to get ideas for planning and organizing your pregnancy in each trimester so you can focus on enjoying this incredible journey.

Where to start

- ☐ Quitting harmful habits that can affect your baby's development, such as smoking and drinking alcohol.
- ☐ Scheduling a dental checkup and cleaning.
- ☐ Achieving a healthy weight through nutrition and exercise.
- ☐ Making a financial plan.
- ☐ Taking a prenatal vitamin with 800 mcg of folic acid.



First trimester

Below are some other to-dos for your first trimester.

- ☐ Take a daily prenatal vitamin, and continue throughout pregnancy and breastfeeding.
- ☐ Interview possible healthcare providers, and schedule your first prenatal appointment by 10-12 weeks.
- ☐ Research and tour potential places to give birth. (Make sure your healthcare provider attends deliveries there.)
- ☐ Review with your healthcare provider the safety of any medications you are taking.
- ☐ Take a daily walk to refresh yourself.
- ☐ Journal your feelings through your experience.
- ☐ See if you qualify for mother-child support programs such as WIC.
- ☐ Look into prenatal yoga or exercise classes in your area.
- ☐ Start saving money if you need to take unpaid time off from work to care for your baby.
- ☐ Rest as much as you can.



Second trimester

- ☐ Sign up for childbirth, breastfeeding, baby care or infant CPR classes.
- ☐ Research and meet potential doulas. (Doulas are professional labor assistants who also offer prenatal and postpartum services.)
- ☐ Buy new or gently used maternity clothes. Consider clothes that are comfortable and allow access for breastfeeding.
- ☐ Pack healthy snacks in your purse or a soft-sided cooler. (You'll need an extra 300 calories each day now.)
- ☐ Take prenatal exercise classes, or continue your prenatal exercise routine.
- ☐ Get a full-body pillow, or gather extra pillows for support at night.
- ☐ Research and start making a list of baby names you like.
- ☐ Register items for your baby shower, or begin making a list of things you'll need for your baby.
- ☐ Take time to travel while you're feeling good.
- ☐ Research and meet potential daycare providers if you plan to return to work.
- ☐ Make time to connect with your baby each day.
- ☐ Get details of your maternity and paternity leave policies at work.
- ☐ Pre-register for your delivery through the [MyBSWHealth](#) app.
- ☐ Schedule a tour of your hospital or birth center.



Third trimester

- ☐ Write down your birth preferences so you can share them with your labor support partner and healthcare providers.
- ☐ Make space for your baby to sleep in a crib or bassinet near your bed for at least the first six months.
- ☐ Gather any necessary baby supplies you still don't have.
- ☐ Plan your maternity and paternity leave dates.
- ☐ Interview potential pediatric healthcare providers for your baby.
- ☐ Install your infant car seat, and have it checked by a certified technician.
- ☐ Talk to your partner regularly about how both of you are feeling with the upcoming birth and parenthood.
- ☐ Try on nursing bras. (Select these at the end of your pregnancy because your breasts will continue to change.)
- ☐ Pack what you'll need for labor, your hospital stay and coming home.
- ☐ If you plan to return to work, research breast pumps to buy or rent. (Or see if you qualify for your county WIC program.)
- ☐ Practice labor techniques with your labor-support partner.
- ☐ Find the quickest route to your birthplace. (Consider rush hour and high-traffic times or areas.)
- ☐ Make time to connect with your baby each day.
- ☐ Enroll in Virtual Postpartum Care for helpful support and guidance after your delivery.

Pregnancy has a lot of to-dos, but don't forget to enjoy the journey while you're on it. Take one step at a time, use the support you have and you'll be amazing.