

Pregnancy Checklist

A trimester-by-trimester guide to prenatal care and preparing for baby.

Right After You Find Out

- ☐ Take a prenatal vitamin daily
Ask your provider which one is right for you.
- ☐ Call to schedule your first prenatal appointment
- ☐ Confirm your estimated due date with your provider
- ☐ Review your insurance coverage and out-of-pocket costs
- ☐ Note your last period date and any early symptoms to share
- ☐ Stop alcohol and smoking, and review medications with your doctor

First Trimester (Weeks 1 to 13)

- ☐ Choose an obstetrician, family doctor, or midwife
- ☐ Attend your first prenatal visit and any early screenings
- ☐ Adjust your diet toward balanced, regular meals as tolerated
- ☐ Stay hydrated and rest when fatigue hits
- ☐ Start a simple folder or app to track appointments and notes
- ☐ Decide who to tell and when you feel ready

Second Trimester (Weeks 14 to 27)

- ☐ Attend your anatomy ultrasound around the midpoint
- ☐ Ask your provider about recommended prenatal classes
- ☐ Begin gentle, provider-approved movement or exercise
- ☐ Start your baby registry and compare big-ticket items
- ☐ Look into parental leave and notify your workplace
- ☐ Plan the nursery layout and order furniture with lead times in mind

Third Trimester (Weeks 28 to 40)

- ☐ Attend more frequent prenatal visits as scheduled
- ☐ Discuss your birth preferences with your provider
- ☐ Take a childbirth, breastfeeding, or newborn care class
- ☐ Install and inspect the infant car seat
- ☐ Learn the signs of labor and when to call your provider
Write down your provider's after-hours number.
- ☐ Tour the hospital or birth center if offered

Prepare for Baby

- ☐ Wash and put away newborn clothes and blankets
- ☐ Set up the sleep space following safe-sleep guidelines
- ☐ Stock diapers, wipes, and feeding supplies
- ☐ Pack the hospital bag by around 36 weeks
- ☐ Prepare and freeze a few easy meals for the early weeks
- ☐ Choose a pediatrician and schedule the first visit if possible

Paperwork & Planning

- ☐ Pre-register at your chosen hospital or birth center
- ☐ Confirm your insurance adds the baby and review the process
- ☐ Arrange care for pets or older children during your stay
- ☐ Save key phone numbers and a list of emergency contacts
- ☐ Plan the route to the hospital and a backup option

Final Weeks Reminders

- ☐ Keep your phone charged and within reach
- ☐ Top off the car's gas tank ahead of your due date
- ☐ Rest and nap when you can to bank energy
- ☐ Review your birth preferences with your support person
- ☐ Call your provider promptly with any concerning symptoms