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