

Pregnancy Checklist

First Trimester

- Start taking prenatal vitamins (if you haven't already)
- Schedule first prenatal visit
- Choose birthing hospital
- Consider downloading a pregnancy tracker app (some popular options: What to Expect, Pregnancy+, BabyCenter, The Bump)
- Enroll in WIC

Second Trimester

- Start planning list of items you'll need for baby
- Test home for lead (especially if home is older than 1978)
- Consider signing up for a childbirth class
- Consider a hospital childbirth unit tour
- If needed, start planning for childcare options
- Consider signing up for a Newborn/Safety/CPR class
- Start thinking about your choices for birth control/family planning after birth
- If you're considering a tubal ligation (getting your tubes tied) after birth, talk to your doctor about planning for this procedure
- If needed, talk to your supervisor or HR to make plans for maternity leave, such as filing FMLA or short-term disability paperwork

Third Trimester

- Start counting fetal movements
- If needed, order breast pump
- Think about a birth plan (including how you'll want to stay comfortable and manage pain during labor)
- Pack your hospital bag
- Make plans for childcare or pets during birth
- Choose a pediatrician
- Install baby's car seat
- Download a contraction tracker app
- Find out how to add baby to your insurance

