

Your Pregnancy Checklist:

A Trimester-by-Trimester Guide

We believe that **every mom** deserves to feel her best during pregnancy. That's why we created this checklist.

This checklist is designed to **help YOU** stay organized and stress-free through your **whole pregnancy!**

What's Inside:

- **1st Trimester:** Essential steps to set the foundation for a healthy pregnancy.
- **2nd Trimester:** Must-dos to get organized and prepare for your baby's arrival.
- **3rd Trimester:** Practical tips to get ready for labor, delivery, and postpartum recovery.

Why You'll Love It:

- ✓ Simple, actionable steps.
- ✓ Covers all three trimesters.
- ✓ Perfect for busy moms-to-be who want peace of mind.

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1 s t t r i m e s t e r

The first trimester is all about laying the foundation for a healthy pregnancy. These early weeks are crucial for your baby's development and a time for you to adjust to your new journey. Here's what to focus on:

- ☐ **Schedule your first prenatal visit:**
Early checkups ensure your baby is developing well and give you a chance to ask your healthcare provider any questions.
- ☐ **Start taking prenatal vitamins with folic acid:**
Essential for your baby's neural tube development, which forms the brain and spinal cord.
- ☐ **Avoid unsafe foods like raw fish and unpasteurized dairy:**
Protect your baby by steering clear of foods that could cause harmful infections.
- ☐ **Get a pregnancy journal and start tracking your symptoms:**
Documenting your journey helps you notice patterns and celebrate milestones.
- ☐ **Plan your pregnancy and baby budget:**
Begin budgeting for prenatal care, baby items, and postpartum needs to avoid stress later.

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2 n d t r i m e s t e r

The second trimester is often called the “honeymoon phase” of pregnancy. With energy levels up and nausea fading, now’s the time to get organized and make progress on your plans.

- ☐ **Research and start your baby registry:**
Explore what you’ll need and make it easier for friends and family to help you prepare.
- ☐ **Sign up for prenatal and childbirth classes:**
Get informed about labor, delivery, and newborn care early on.
- ☐ **Declutter and organize space for baby items:**
Start preparing your home to make room for the newest family member.
- ☐ **Schedule your anatomy scan and glucose test:**
These important tests ensure your baby’s healthy development and screen for gestational diabetes.
- ☐ **Shop for comfortable maternity clothes:**
Your body is changing rapidly, and stretchy, breathable clothing will make life easier.

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3 r d t r i m e s t e r

As you approach the final stretch, it's time to focus on preparing for delivery and postpartum recovery. Here's how to get ready:

- ☐ **Pre-register at your hospital or birthing center:**
Avoid last-minute stress by completing paperwork in advance.
- ☐ **Pack your hospital bag for you, baby, and your partner:**
Include essentials like clothing, toiletries, and baby's first outfit.
- ☐ **Install and check your baby's car seat:**
Ensure it's installed correctly for a safe ride home from the hospital.
- ☐ **Prepare freezer meals for postpartum:**
Cooking ahead will save you time and energy once your baby is here.
- ☐ **Finalize your birth plan and share it with your provider:**
Outline your preferences for labor, delivery, and postpartum care.
- ☐ **Buy postpartum recovery products:**
Stock up on things like nipple cream, nursing bras, and a peri bottle.
- ☐ **Practice relaxation and breathing techniques:**
These can help you stay calm and focused during labor



BONUS

5 Must-Have Pregnancy Essentials for a Stress-Free Journey!

💡 Pregnancy is beautiful—but let's be real, it also comes with discomfort! These 5 must-have items will make your journey smoother, so you can focus on the excitement of meeting your baby.



1. Morning Sickness Relief

A game-changer for queasy days! Try ginger candies or a morning sickness wristband. [Like this](#) or [like this](#).



2. The Ultimate Pregnancy Pillow

Get better sleep with a full-body pillow that supports your belly and back. [Like this](#).



3. Hydration Hero

A large water bottle with a straw to stay hydrated easily throughout the day. [Like this](#).



4. Stretch Mark & Self-Care Savior

Use pregnancy-safe belly butter or oil to keep your skin moisturized. [Like this](#).



5. Labor Prep Must-Have

A birthing ball to help with baby's positioning and ease labor pains. [Like this](#).