

MOM LOVES BEST'S

ULTIMATE PREGNANCY

CHECKLIST



FIRST TRIMESTER



MONTH 1

- ☐ Tell your partner the news if they weren't there when you took your pregnancy test.
- ☐ Begin taking prenatal vitamins. You need more essential nutrients now, including iron, folic acid, calcium, and vitamin D.
- ☐ Stock up on ginger ale and saltine crackers because you could feel the urge to puke at any time.
- ☐ Try to drink eight or more glasses of water a day to stay hydrated.
- ☐ Begin limiting your caffeine to no more than 200 milligrams per day.
- ☐ Schedule your first prenatal appointment and ask on the phone about any medications you may want to stop taking.
- ☐ Figure out your due date, by recalling when the first day of your last period was.
- ☐ Take a picture if you want to see how your body changes month by month.
- ☐ If you're a smoker, try to quit immediately.
- ☐ Clean up that diet by including a lot of fruits and vegetables. And cut out foods you shouldn't eat while pregnant, like soft cheeses, deli meat, and fish containing mercury.
- ☐ Aim for at least 30 minutes of exercise four or five days a week.
- ☐ Stop changing the kitty litter -- that should be your partner's job now.
- ☐ Start avoiding hot baths and hot tubs because it isn't good for your baby.

When I saw that positive pregnancy test, I felt _____ and I can't wait to _____.



MONTH 2

- ☐ Go to your first prenatal doctor's appointment if the doctor will see you at 8 weeks. Make sure to mention any prior health concerns you've had and write up questions ahead of time.
- ☐ Look for pregnancy apps if you're a technology lover. It can help you stay on top of everything you'll have to do for the rest of your pregnancy.
- ☐ If you need support from other pregnant women, sign up for an online club.
- ☐ Make sure you're getting plenty of sleep. Aim for at least 8 hours a night.
- ☐ Figure out what your health insurance covers. That will help with your birth plan.
- ☐ If morning sickness has you down, eat small meals or snacks that are bland like crackers, bananas, and rice.

The biggest change I noticed this month was _____.



MONTH 3

- ☐ Tell your family and friends about your pregnancy if you haven't already.
- ☐ Grab some Tums at the store to have on hand in case you get a sudden heartburn attack.
- ☐ Buy some maternity clothes. You'll be needing them soon if you don't by now.
- ☐ Make a list of everything you'll need for your baby. Then, draw up a budget for what you can afford to buy and prioritize your list to make sure the essentials are covered.
- ☐ Talk to your boss about how much time you can take off after delivery.
- ☐ Start rubbing your stomach, thighs, and hips with cream or lotion to ward off stretch marks.
- ☐ Stop lying flat on your back when sleeping or exercising. You should avoid that now until after delivery.
- ☐ Schedule a cleaning with your dentist. While pregnant, your gums may be irritated and inflamed.
- ☐ Don't beat yourself up if you're feeling extra emotional lately. Pregnancy hormones can do that to you.

My biggest accomplishment this month was _____.



SECOND TRIMESTER



MONTH 4

- ☐ Start looking at baby names. Make a list of your favorites to share with your partner.
- ☐ Begin organizing the nursery while you still have energy.
- ☐ Create your baby shower registry. Put a wide range of items on the list to work with every budget.
- ☐ Try not to worry about the possibility of a miscarriage as much now. Most miscarriages happen in the first trimester.
- ☐ Ask your partner if they want to know the baby's gender. Most women, if they want to know, learn the gender between 16 and 20 weeks.
- ☐ Talk to your doctor about whether you need an amniocentesis.

Since becoming pregnant, my _____ has changed for the better.



MONTH 5

- ☐ Look for childbirth classes you can sign up for.
- ☐ Buy a pregnancy pillow to make sure you're more comfortable while you're sleeping. You shouldn't be sleeping on your back anymore!
- ☐ Make sure you tell your doctor not to reveal your baby's gender if you want it to be a surprise.
- ☐ Decide where you want to give birth, whether it's at a hospital, birthing center, or your own home.
- ☐ Scrapbook your baby's ultrasound picture. First, send it to all the friends and family you want to share it with.
- ☐ Decide if you want your baby to sleep in your room for the first few months or stay in their nursery at nights.

When I think about the growing life in my belly, I feel _____.



MONTH 6

- ☐ Purchase your nursery furniture and put it together in case you deliver early.
- ☐ If your feet have started swelling, consider going up a half size on your shoes to make your feet more comfortable.
- ☐ Start organizing your home. You won't have much time for that sort of thing after baby arrives or even when you're feeling too big in the final month or two of pregnancy.
- ☐ Take a test for gestational diabetes. If you test positive, you'll need to make dietary changes, get a little more exercise to lower your blood sugar, and possibly take insulin.
- ☐ Examine your daycare options if you are going to go back to work after having your baby.
- ☐ Take a long weekend or mini-vacation. You'll have to stay close to your doctor in the third trimester.
- ☐ Hire a doula if you want to use one during labor.

During this pregnancy, I have been craving _____ non-stop.



THIRD TRIMESTER



MONTH 7

- ☐ Pack your hospital bag in case you go into early delivery. Don't forget some slippers or socks.
- ☐ Put your birth plan in writing. Don't count on your partner remembering everything if you're unable to make decisions or vocalize what you want.
- ☐ Take care of your pre-registration if you're going with a hospital or birthing center birth.
- ☐ Find a pediatrician for your baby. Ask for recommendations from your friends and make sure your insurance covers them.
- ☐ Get everything set up in your nursery. You'll want to do as little as possible in the last two months.

My favorite thing about being pregnant is _____.



MONTH 8

- ☐ If you're having multiples, get ready for an early delivery. The majority of twins arrive up to a month early.
- ☐ Consider removing your wedding ring if you wear one. Your fingers may be super swollen at times so it can be uncomfortable.
- ☐ Make sure to keep counting your baby's movements. You'll want to feel a minimum of 10 movements every two hours or so.
- ☐ Have fun at your baby shower and remember to get some help carrying all those gifts to your car at the end of the party.
- ☐ Up your fiber intake to try to ward off hemorrhoids and constipation that iron in your prenatal vitamins can cause.
- ☐ Brush up on how to tell if you're in premature labor. Signs can include contractions, lower backache, pressure in your pelvic area, a feeling of menstrual cramps, and diarrhea.
- ☐ Begin making a list of workplace duties someone will have to do for you while you're on maternity leave.
- ☐ Figure out who will stay with your children or take care of your animals or plants while you're in the hospital.
- ☐ Install your baby's car seat in case you deliver early.
- ☐ Wash all your baby's sheets, blankets, and clothes. That will make them less likely to irritate their skin.

The hardest thing about being pregnant this month is _____.



MONTH 9

- ☐ Make sure any Family and Medical Leave Act forms you need for work are completed and turned in.
- ☐ Buy any last minute baby items you didn't receive from your shower or you don't already have.
- ☐ Put your swollen legs up and enjoy some time watching television or reading a book.
- ☐ Enjoy as many quiet dinners with your partner as you can.
- ☐ Take a day to do fun things you might not get a chance to do for a while, such as getting a haircut, lunch with friends, or taking in a movie.
- ☐ Do your thank-you notes for your baby shower gifts.
- ☐ Get some freezer meals prepared and stock up on non-perishable snacks.
- ☐ Let your loved ones know if you want private time at the hospital before they visit.
- ☐ Choose your baby's name from the list you and your partner compiled.
- ☐ Time your contractions and head to the hospital when your doctor says it's time.

The thing I'm most looking forward to about being a mother is _____.

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