

# Pregnancy weekly checklist

Take a list of all the surgeries, immunisations, allergies you've had, meds and supplements you've ever taken, history of your family health, mental health.

## First trimester

### Weeks 1-4

- Schedule your first prenatal appointment with your OB-GYN
- Write down the date of your last period
- Check your health insurance policy to explore what prenatal and childbirth care is covered
- Schedule your first prenatal appointment
- Start taking prenatal vitamins
- Begin planning finances and maternity leave

### Weeks 5-8

- Focus on eating a balanced diet. Consider adding food containing iron (tofu, soybeans, spinach), calcium (milk, cheese and other dairy foods), and DHA (chia seeds, salmon, flax seeds, walnut)
- Avoid harmful substances like alcohol and tobacco
- Attend the first prenatal visit
- Start thinking about your birth plan
- Begin your pregnancy to-do list
- Announce pregnancy to close family and friends

## Weeks 9–13

- Schedule ultrasound and screenings
- Start adding regular, gentle physical activity, such as prenatal yoga or walking, to your routine
- Start preparing a list of baby names
- Familiarize yourself with the prenatal tests that doctors may recommend
- Buy maternity clothes if needed

## Second trimester

### Weeks 14–18

- Discuss with your healthcare provider the prenatal tests and screenings that might be offered during these weeks
- Begin setting up the nursery
- Register for a baby shower or baby registry
- Look into prenatal classes (online or in-person)

### Weeks 19–22

- Familiarize yourself with the vaccines that can be done during the second trimester, and discuss them with your doctor
- Take a prenatal class
- Finalize birth plan
- Start buying baby gear (crib, stroller, car seat, etc.)
- Plan your second prenatal visit, and discuss any new symptoms or concerns with your healthcare provider

## Weeks 23-27

- Buy any remaining baby supplies
- Research baby care books or resources
- Start preparing your hospital bag
- Arrange support for postpartum help (family, friends, etc.)
- Start looking for a pediatrician

## Third trimester

### Weeks 28-32

- Install the car seat properly
- Finalize baby's room setup
- Confirm your hospital and birth center details
- Review insurance coverage and prepare any necessary documents
- Plan for any additional help after baby arrives

### Weeks 32-36

- Finalize maternity leave plans
- Organize baby's clothing and essentials
- Confirm your birth plan with your healthcare provider
- You may also want to prepare and freeze meals for the busy postpartum period
- Pack your hospital bag

- Do a final check of your baby supplies
- Ensure baby-proofing at home is done
- Install baby monitor and other safety features
- Draft a plan for when labor starts, discussing who to call, how to get to the hospital, and where your hospital bag will be

## Weeks 37-40

- Talk to a healthcare provider about any additional tests you would like run
- Double-check hospital bag and car seat installation
- Confirm the doctor's contact details and labor plan
- Review your birth plan and preferences with your birth team

## First week postpartum

- Focus on your recovery and bonding with your newborn
- Sleep while the baby sleeps, or ask your partner to help manage the sleep schedule, so you can get as much sleep as you can during the very first few weeks
- Consider scheduling the baby's first pediatrician visit to ensure they are healthy and thriving
- Monitor your health and well-being as well, checking for signs of postpartum depression or complications



Please reach out to a healthcare provider if you have any concerns about yourself or your baby.