

# Pregnancy Checklist

By baby checklist

- First Three Months of Pregnancy (The 1st Trimester)
  - Pregnancy due date calculator Ensure you have the right dates
  - Browse web sites Browse web sites with information about pregnancy and babies
  - Get a pregnancy book
  - Read about your baby's development
  - Talk to your OB doctor Talk to your OB doctor about diet, fluid needs, exercise, rest and activity.
  - Stop smoking
  - Ask your doctor before taking any medication even aspirin or nose spray
  - Prenatal vitamins Make sure you take your prenatal vitamins every day.
- 4th Month of Pregnancy
  - Contact your hospital.
  - Review Insurance Review your insurance pregnancy coverage and co-pay.
  - Check maternity leave benefits Check with your employer about maternity leave benefits.
  - Find parent education classes.
  - Decide which classes you want to take.
- 5th Month of Pregnancy
  - Select possible names for your baby
  - Think about how you want to feed your baby.
  - Choose a doctor to take care of your baby.
- 6th Month of Pregnancy
  - Begin to plan for your child birth experience.
  - Call your chosen baby care doctor to ask to become a patient.
  - Shop for baby care items.
  - Think about child-care plans Begin to think about child-care plans, if returning to work or school.
- 7th Month of Pregnancy
  - Sign-up for Parent Education Classes.
  - Decide on feeding method Breastfeeding or bottle feeding?
  - required newborn tests Ask your doctor about required newborn tests.
- 8th Month of Pregnancy

- Start gathering items for your hospital bag** Start gathering items for your hospital bag
- Make a practice run to the hospital** Check out parking and entrance.
- Finish baby room** Make sure everything is ready at home for the baby.
- Prepare siblings for the birth of the new baby.**
- Shop for an approved infant car seat.**
- 9th Month of Pregnancy**
  - Pack your bags for the hospital.**
  - Decide on baby's name.**
  - Learn to use the infant car seat.**
  - Follow-up on child-care plans**
  - Fix and freeze some meals** Fix and freeze some future meals; arrange for help once home.
  - Double check that you have all needed baby supplies.**