



# Pregnancy to-do list



## First trimester

- ☐ Start taking prenatal vitamins
- ☐ Make a doctor's appointment
- ☐ Cut out unhealthy foods
- ☐ Cut out alcohol
- ☐ Reduce caffeine
- ☐ Plan your budget
- ☐ Get a pregnancy book
- ☐ Download a pregnancy app
- ☐ Plan your pregnancy announcement
- ☐ Book your antenatal classes
- ☐ Rest

## Second trimester

- ☐ Buy maternity clothes
- ☐ Get a maternity pillow
- ☐ Sleep on your side
- ☐ Get regular exercise
- ☐ Tell your employer
- ☐ Start shopping for baby
- ☐ Create a baby registry
- ☐ Moisturise regularly
- ☐ Consider baby names
- ☐ Rest

## Third trimester

- ☐ Plan & throw your baby shower
- ☐ Keep track of baby's movement
- ☐ Read up on breastfeeding
- ☐ Buy final baby essentials
- ☐ Shortlist baby names
- ☐ Read up on giving birth
- ☐ Pack your hospital bag
- ☐ Wash baby's clothes
- ☐ Put together baby's furniture
- ☐ Decorate nursery
- ☐ Organise baby's clothes
- ☐ Practice using car seat
- ☐ Practice collapsing stroller
- ☐ Write your birth plan
- ☐ Take gentle exercise
- ☐ Take a final bump photo
- ☐ Stock up on household essentials
- ☐ Fill your freezer with meals
- ☐ Get a postpartum care kit
- ☐ Plan how to reach hospital
- ☐ Spend quality time with partner
- ☐ Download contraction count app
- ☐ Clean the house