

First Trimester To-Do Checklist

ESSENTIAL LIST YOU NEED TO PREPARE FOR BABY'S ARRIVAL!

- ❑ Take a Pregnancy Test
- ❑ Choose a Healthcare Provider (ob-gyn, midwife or doula)
- ❑ Schedule a Prenatal Appointment
- ❑ Understand Danger Signs
- ❑ Morning Sickness Relief
- ❑ Pregnancy Announcement - Decide Who To Tell
- ❑ Take Belly Photos
- ❑ Document Pregnancy in Journal
- ❑ Stay Active by Exercising
- ❑ Know What is Safe and What isn't Safe (Foods, Drinks, etc.)
- ❑ Stay Hydrated
- ❑ Know Your Rights for Maternity Leave with your Employer
- ❑ Budget for Baby
- ❑ Learn about your Health Insurance's Maternity Coverage
- ❑ **RELAX!**

NOTES:

»» Keep in Mind! ««

- ✓ Get lots of rest when you can
- ✓ Stay Active, Hydrated & Eat Healthy
- ✓ Be Informed (Safety, Maternity Leave Rights, Insurance, etc.)
- ✓ Don't be afraid to ask questions to your ob-gyn, doula or midwife