

# Second Trimester To-Do Checklist

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

- ❑ Pregnancy Announcement - Tell Family and Friends!
- ❑ Start Preparing Nursery
- ❑ Research Pediatricians
- ❑ Baby Shower Logistics
- ❑ Buy Maternity Clothes
- ❑ Start Baby Registry
- ❑ Decide on Doctor, Midwife or Doula & Where to Give Birth
- ❑ Stay Active/Exercise
- ❑ Stay Hydrated
- ❑ Eat Healthy
- ❑ Moisturize Belly
- ❑ Gather a List of Baby Names (Top 5-10)
- ❑ Be Informed about Maternity Leave/Benefit Options
- ❑ **RELAX!**

NOTES:

## »» Keep in Mind! ««

- ✓ Get lots of rest when you can
- ✓ Stay Active, Hydrated & Eat Healthy
- ✓ Moisturize Belly
- ✓ Don't be afraid to ask questions to your doctor, doula or midwife