



PREGNANCY TO POSTPARTUM CHECKLIST



FIRST TRIMESTER

	Get healthy: read up on pregnancy health and safety, start taking those prenatal vitamins, and start your daily kegels
	Choose a healthcare provider (OB, midwife) and schedule appointments
	Check out costs and develop a budget for baby
	Call your health insurance company to determine coverage options and benefits
	Start moisturizing the belly

SECOND TRIMESTER

	Research maternity and paternity benefits (FMLA, company policies, and short / long term disability) and develop plan for recovery time / maternity / paternity leave
	Prepare siblings and / or pets for baby
	Getaway for some relaxation with a babymoon
	Research and test baby gear; start building your registry
	Start designing nursery
	Research and develop plan for newborn care and ongoing child care
	Interview and schedule doulas / baby nurses (if interested)
	Compile contact information for shower invitations, thank you notes, and baby announcements
	Get a prenatal massage

THIRD TRIMESTER

	Participate in childbirth / labor / breastfeeding / newborn care classes
	Read up on the birthing process, newborn care, and baby's first year
	Take infant CPR / choking safety course
	Complete registry; order remaining baby supplies
	Set-up nursery
	Wash baby's clothes, sheets, swaddles, and burp cloths in free and clear detergent
	Interview and select pediatrician
	Start preparing for breastfeeding by moisturizing those nips
	Start getting regular manicures (newborn photos have a lot of hand shots!)
	Finalize baby name
	Conduct hospital tour
	Determine plans for child / pet care during labor and delivery
	"Rehearse" hospital trip: develop a plan for routes to get there, know where to park, and after-hours entrances
	Ask partner / family members / caregivers who will be in frequent contact with your newborn to get TDAP vaccination
	Develop "birth plan" (or at least share your intended preferences with your partner, doula, and / or healthcare providers)
	Call insurance to check if breast pump is covered and place order



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	Book newborn photographer, research poses, and purchase styling props
	Determine how you will announce baby's arrival (gather addresses, designate a point person)
	Get a bikini wax
	Stock up on postpartum supplies and household essentials
	Pre-register with hospital
	Pack hospital bag
	Install car seat - this is a hospital requirement
	Make some freezer meals
	Get a head start sending thank you notes for baby gifts

POSTPARTUM / FOURTH TRIMESTER

	Come to the hospital prepared with a list of cute newborn photo ideas and take copious amounts of photos as you only get one chance at these
	Document your birth story, special mementos, save hospital hand / footprints / namecards
	Attend hospital workshops on breastfeeding / newborn care - many hospitals offer free workshops led by lactation consultants and nursing staff
	Schedule your postpartum care and pediatric appointments per your discharge instructions
	Ask the hospital staff for some extra supplies to take home
	Start wearing a belly band / corset / girdle for support and comfort
	Get ready for a lot of trial and error, late-night googling "is xyz normal", and panicked Amazon purchases
	Download a baby tracking app to help track feeding, sleeping, pooping schedules
	If you are planning on professional newborn pictures, confirm your session as the optimal window is between 4 - 12 days to capture the sleepy stage
	Start reading the Wonder Weeks and refresh yourself on newborn soothing, healthy sleep habits, and development
	Once your milk comes in, test out your pump and start building your freezer stash
	Don't stop those kegels! Check out a post-natal yoga class
	Send baby announcement
	Check out a new moms support group
	Add newborn to health insurance (often there is a 30 day window, do this asap)
	Develop / update will, update trust / beneficiaries, and determine legal guardians
	Research and consider additional insurance coverage
	Confirm baby's birth certificate with hospital administration; order additional certified copies
	Request Social Security Number for baby (often the hospital staff will help start the process)
	Apply for passport for baby
	Establish college savings fund for baby - it's never too early to start saving!