

There are so many things to do in preparation for your new baby that it can be overwhelming. Don't worry! This inclusive checklist is sure to help. Just check off each item as you complete it and before you know it, delivery day will be here...and you will be ready!



## Pre-Pregnancy

- If you are on birth control, stop using it.
- Make sure you are living a healthy lifestyle by eating well, exercising and staying away from toxins such as cigarette smoke, alcohol and drugs.
- Review your health insurance policy to determine what kind of prenatal coverage you have. Make sure your OB/GYN and hospital of choice are covered under your policy. Update your policy if needed and if possible.
- Find an OB/GYN that you are happy with if you do not already have one.
- Try to resolve or remove yourself from highly stressful situations.

## First Trimester

- Take a home pregnancy test (or two) and test positive!
- Share the amazing news with your partner.
- Schedule your first appointment with your OB/GYN.
- Start taking prenatal vitamins. If you can't get a prescription yet, try over the counter prenatal vitamins and a DHA supplement. *(Check with your OB/GYN before taking ANY medication.)*
- Avoid raw and undercooked meat, fish high in mercury, unpasteurized cheese and milk, raw eggs, and caffeine.
- Go to your first OB/GYN visit.
- Decide when and how you are going to tell your friends and family the good news.
- Start thinking about when you are going to notify work that you are pregnant.
- Make a To Do list of all outstanding projects you would like to complete before your baby arrives and get to work!
- Start doing Kegel exercises every day.
- Get into a good exercise routine if you have not already.
- Go to your second OB/GYN appointment for your first trimester screening and to obtain fetal heart tones!
- Sign up for baby care and safety classes offered by your hospital *(they usually fill up quickly)*.
- Start looking into cord blood banking. If you are going to do it, you can usually get a discount for early enrollment.

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## Second Trimester

- Notify work of your pregnancy before you start showing.
- Check with your company's HR department, your insurance company and/or your state to determine any maternity leave benefits you may qualify for.
- Go to your next checkup for additional screening.
- Go to your ultrasound with fetal anatomical survey.
- Start looking for baby names if you do not already have one picked out.
- Shop for maternity clothes.
- Modify your exercise routine, as you grow larger.
- Start looking into childcare options, if they will be needed.
- Create a baby registry.
- Plan a baby shower.
- Get a prenatal massage.
- Go on a babymoon with your partner.
- Go to the lab for Glucose and other testing.

## Third Trimester

- Determine your maternity leave plan and notify your employer.
- Have your baby shower.
- Send thank you cards for the gifts you received.
- Attend the baby care and safety classes that you signed up for in your first trimester.
- Send your pre-admission forms to the hospital you will be delivering at.
- Choose a pediatrician.
- Purchase an infant car seat.
- Purchase a bassinet and/or crib and mattress.
- Purchase a changing table and/or dresser.
- Assemble the bassinet and/or crib.
- Assemble the changing table and/or dresser.
- Complete your baby's nursery.
- Take a tour of your delivery hospital's maternity ward.

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## Third Trimester Continued

- Decide who you want or don't want in the delivery room with you and notify them accordingly.
- Get a prenatal massage.
- Call your insurance company to notify them of your delivery due date. Find out if someone needs to call them once you are admitted.
- Go to your OB/GYN for GBS Culture. You will now visit your OB/GYN every week until delivery.
- Make sure you have a camera and/or video camera in good working order.
- Complete your birth plan, no matter how simple.
- Install the car seat and have the installation checked.
- Gather the phone numbers and e-mail addresses of those you wish to notify following the birth.
- Pack your hospital bag.
- Be sure your partner's bag is packed.
- Confirm the hospital received your pre-admission forms.
- Choose your baby's name.
- Get with your partner to write out your wills.
- Purchase at least one pack of newborn size diapers.
- Purchase 2 nursing bras and pack them in your hospital bag.
- Purchase a large box of overnight maxi pads for when you return from the hospital.
- Wash all of your baby's new clothes and put them away.
- Consider cooking and freezing some meals to help save much needed time once baby arrives.
- RELAX and get as much rest as possible before the BIG DAY!

## Delivery Day

- Drive safely to hospital. Don't forget your hospital bag, car seat and cord blood kit.
- Notify your insurance company that you have been admitted, if required.
- Think calm, happy thoughts. You can do this!

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## Post Partum

- Bond with your baby.
- Notify your cord blood company to pick up your baby's cord blood.
- Call, text and e-mail everyone about the amazing news!
- Take lots of pictures of your beautiful new baby.
- If you will be breastfeeding, make sure you are comfortable with the process before you leave the hospital.
- Sleep whenever you can before you have to leave the hospital.
- Take your wonderful new addition home.
- Order birth announcements.
- Apply for your baby's social security card.
- Contact your company's HR department or health insurance company to add your baby to your policy.
- Take your baby to his/her first appointment with the pediatrician!
- If you had a cesarean section, visit your OB/GYN for your 2-week incision check.
- Take your baby to his/her 2 week checkup.
- Send the birth announcements.
- Go to your OB/GYN for your 6 week post partum visit.
- Take your baby to his/her 6 week checkup.