

Pregnancy To-Do

1

First Trimester

- Start prenatal vitamins
- Make a dr appointment
- Eat healthy foods
- Stay hydrated
- Get plenty of sleep
- Buy bra extenders
- Avoid unsafe activities
- Prepare healthy snacks
- Research birth classes
- Know maternity leave policy
- Start a pregnancy journal

2

Second Trimester

- Take a prenatal yoga class
- Brainstorm baby names
- Buy maternity clothes
- Moisturize belly
- Research pediatricians
- Create a baby registry
- Take a birth class early
- Get a prenatal massage
- Try light exercises/stretchers
- Have baby shower

3

Third Trimester

- Take maternity photos
- Finish the nursery
- Prepare frozen meals
- Make childcare arrangements
- Interview pediatricians
- Practice relaxation breathing
- Reduce travel
- Pack a hospital bag
- Install car seat
- Rest

Pregnancy

Meal Tracker

DUE DATE



WEEK OF

		MEAL	SNACK	WATER
S	B			● ● ● ●
	L			● ● ● ●
	D			● ● ● ●
M	B			● ● ● ●
	L			● ● ● ●
	D			● ● ● ●
T	B			● ● ● ●
	L			● ● ● ●
	D			● ● ● ●
W	B			● ● ● ●
	L			● ● ● ●
	D			● ● ● ●
T	B			● ● ● ●
	L			● ● ● ●
	D			● ● ● ●
F	B			● ● ● ●
	L			● ● ● ●
	D			● ● ● ●
S	B			● ● ● ●
	L			● ● ● ●
	D			● ● ● ●

Food Aversions:

Baby Name

Tracker

NOTES	BOY 	GIRL 

Hospital Bag Checklist

Baby

- | | |
|--|--|
| <input type="checkbox"/> Take-me-home outfit | <input type="checkbox"/> Swaddle blanket/cover-up |
| <input type="checkbox"/> Baby hat | <input type="checkbox"/> Bulb syringe |
| <input type="checkbox"/> Baby mittens | <input type="checkbox"/> Accessories/toys for photos |
| <input type="checkbox"/> Emery boards | <input type="checkbox"/> Car seat |

Mom

- | | |
|---|---|
| <input type="checkbox"/> Comfy, loose-fitting clothes | <input type="checkbox"/> Maternity underwear |
| <input type="checkbox"/> Slippers & Flip flops | <input type="checkbox"/> Toiletries (Shampoo/Toothpaste etc.) |
| <input type="checkbox"/> Nursing bra | <input type="checkbox"/> Make-up |
| <input type="checkbox"/> Nursing pillow | <input type="checkbox"/> Hair bands/brush |

Miscellaneous Musts

- | | |
|---|--|
| <input type="checkbox"/> Insurance Card | <input type="checkbox"/> Phone/Charger |
| <input type="checkbox"/> Pre-registration paperwork | <input type="checkbox"/> Birth plan/affirmations |

Newborn Essentials

Clothing

- 4-6 - Side-snap onesies
- 6-8 - Snap-crotch bodysuits
- 2-3 - Hats
- 3-5 - Soft baby socks
- 2-3 - Anti-scratch mittens
- 5-7 - One-piece footie pajamas
- 2-3 - Swaddle blanket/sleepsacks
- 1-2 - Jacket/sweater

Traveling

- Car seat
- Stroller
- Baby wrap/carrier
- Diaper bag
- Muslin blankets
- Diaper clutch/pad
- Bunting bag/cover-up
- Pack-and-Play

Sleeping

- Bassinet/crib
- 2-3 Sheets
- Mattress & protector
- Baby monitor
- Sound machine

Feeding

- 4-12 - Bottles
- 4-12 - Nipples
- 4-8 - Bibs
- 8-10 - Burp cloth
- 1-2 - Bottle brushes
- Breast pump (if breastfeeding)
- Breast pads
- Nipple cream
- Nursing cover
- Nursing pillow/support
- Formula (if formula feeding)

Bathing & Grooming

- Baby tub
- Body wash
- 6-8 - Wash cloths
- 2-3 - Soft, hooded towels
- Kneeling pad
- Soft bristle brush & comb
- Lotion
- Changing table/pad
- Newborn/Size 1 Diapers
- Ointment & rash cream
- Unscented wipes

Health

- First-aid kit
- Rectal thermometer
- Humidifier
- Nasal aspirator