

# PREGNANCY CHECKLIST

## 23 TIPS FOR PREGNANCY PLANNING

- \_\_\_ 1. SCHEDULE AN APPOINTMENT WITH OBGYN OR MIDWIFE.
- \_\_\_ 2. START TAKING A QUALITY PRENATAL PILL ASAP.
- \_\_\_ 3. ELIMINATE TOXIC FOODS FROM YOUR DIET.
- \_\_\_ 4. EAT FOR TWO WITHOUT OVEREATING.
- \_\_\_ 5. AVOID JACUZZIS, SAUNAS, AND HOT TUBS.
- \_\_\_ 6. TAKE PRENATAL CLASSES OR GET A DOULA.
- \_\_\_ 7. LEARN ABOUT MATERNITY LEAVE DETAILS.
- \_\_\_ 8. LEARN ABOUT INSURANCE DETAILS AND REQUIREMENTS.
- \_\_\_ 9. FIND OUT IF YOU CAN GET A FREE BREAST PUMP.
- \_\_\_ 10. DECIDE WHEN + HOW TO TELL FAMILY AND FRIENDS.
- \_\_\_ 11. DECIDE WHEN AND HOW TO ANNOUNCE TO CO-WORKERS.
- \_\_\_ 12. RESEARCH CHILDCARE OPTIONS.
- \_\_\_ 13. MAKE A LIST OF NEEDS AND WANTS FOR BABY.
- \_\_\_ 14. CREATE A BABY REGISTRY.
- \_\_\_ 15. DOWNLOAD A PREGNANCY APP.
- \_\_\_ 16. START TAKING BELLY PHOTOS.
- \_\_\_ 17. CREATE A SPACE FOR BABY IN THE HOME.  
(NURSERY, BEDROOM CORNER, ETC)
- \_\_\_ 18. CREATE A BIRTH ANNOUNCEMENT TEMPLATE.
- \_\_\_ 19. PURCHASE A CAR SEAT.
- \_\_\_ 20. PACK A HOSPITAL BAG.
- \_\_\_ 21. COMPLETE HOSPITAL/BIRTH CENTER INTAKE PAPERWORK.
- \_\_\_ 22. CREATE A POSTPARTUM PLAN.
- \_\_\_ 23. HAVE FAITH.