

# Moreland OB-GYN

# PREGNANCY CHECKLIST

Pregnancy is a life-changing event filled with excitement and anticipation. Whether it's your first baby or a new addition to your growing family, following a pregnancy checklist is a great way to ensure a smooth and well-organized path to parenthood. Our pregnancy checklist is designed to guide you through every trimester, offering essential tips and reminders to help you stay on track with your health and prepare for your baby's arrival.

## First Trimester

- Fuel your body
  - Take a prenatal vitamin
  - Eat a well-balanced diet (see the Moreland OB-GYN Prenatal Care Guide on our website for additional details)
  - Try to exercise for 30 minutes daily
  - Quit smoking and drinking alcohol
  - Reduce caffeine intake to 200mg per day or less
  - Decrease stress and get plenty of sleep
  - Hydrate
- Check insurance for yourself and your baby
- Bring a list of prescribed medications and supplements to your first appointment
- Plan for childcare – If considering daycare, call now, as many have waitlists
- Make prenatal appointments
- Check maternity/paternity work benefits

## Second Trimester

- Sign up for childbirth classes
- FMLA paperwork
- Pick a pediatrician

## Third Trimester

- Breast Pump
- Birth Plan
- Car seat safety
- Pack hospital bag
- Review labor instructions