

FIRST TRIMESTER

Checklist

APPOINTMENTS

- Schedule OB a few months out
- Schedule a dental cleaning

LOGISTICS

- Start planning your baby announcement
- Decide where you will deliver
- Call child care centers
- Check into what your health insurance covers
- Sign up for a baby app to get updates on your baby's growth

GET COMFY

- Consider nipple covers
- Thrift for clothes a size up
- Invest in a few new bras
- Stash snacks in your car

HEALTH CHOICES

- Find a good prenatal vitamin
- Get a water bottle with a tracker
- Reduce caffeine to under 200mg
- Give yourself a bed time
- Ditch the Alcohol
- Stay active (or get active)
- Check your medications
- Find nausea remedies that work

OTHER

- Don't forget to take those weekly baby bump pics
- Start a list of reasons you enjoy being pregnant
- _____
- _____

BEAUTIFULLY BUSY

Mom