

2 SECOND TRIMESTER CHECKLIST

LOGISTICS

- Decide if and how you will reveal the gender
- Schedule your 20 week ultrasound appointment
- Start thinking about names
- Start prepping for maternity leave (if working)
- Decide date, place, & guest list for baby shower
- Create your baby registry (or multiple!)
- Sign up for childbirth classes
- Order a free breast pump through insurance
- Find a pediatrician
- Do any financial planning & will prep
- Decide if you want to develop/print a birth plan
- Schedule a tour at the hospital
- Schedule a maternity photo shoot (if wanted)

SELF CARE

- Go on a quick babymoon
- Schedule a prenatal massage
- Find a good stretching/mobility routine
- Adjust workouts as needed
- Start pelvic floor exercises
- Keep up with weekly belly pics

AT HOME

- Wrap up any projects you've put off
- Start setting up the nursery
- Start baby proofing your home
- Consider freezing leftovers for postpartum

SHOPPING

- Get a good moisturizer to avoid stretch marks
- Buy maternity staples (jeans, leggings, tanks)
- Look into a maternity pillow
- Go on a quick babymoon

FOR MOMS WITH KIDS AT HOME

- Dig out your old maternity clothes
- Sort through old baby clothes
- Replace the stuff you didn't like from your first
- Start talking/reading to other kids about baby
- Transition toddlers (pacifiers, crib, potty train)
- Consider creating a quiet corner
- Put a plan in place for your other children during labor