

Pregnancy Checklist

BY TRIMESTER

Every pregnancy unfolds differently. Use this checklist as a gentle guide, and follow the care plan you make with your provider. You do not need to accomplish everything at once. Take the next step, ask your questions, and give yourself grace.

FIRST TRIMESTER

WEEKS 1 – 13

CARE AND HEALTH

- ☐ Begin taking a prenatal vitamin as recommended by your provider.
- ☐ Choose a provider and birth location where you feel heard and supported.
- ☐ Schedule your first prenatal appointment.
- ☐ Make a list of symptoms and questions to bring to appointments.
- ☐ Review your medical history, medications, and supplements with your provider.
- ☐ Learn what your insurance covers for prenatal care, birth, and postpartum care.

GETTING GROUNDED

- ☐ Think about who you want on your support team.
- ☐ Make room for rest and find small ways to care for your body and spirit.
- ☐ Begin researching doulas and consider reaching out to learn about availability and services.

A MOMENT TO PAUSE

- ☐ Lord, thank You for this new life. As I begin this journey, give me peace in the unknown, strength for each day, wisdom in my choices, and trust in Your care. Amen.

SECOND TRIMESTER

WEEKS 14 – 27

CARE AND HEALTH

- ☐ Keep attending prenatal appointments and bring up new symptoms or concerns.
- ☐ Schedule your anatomy ultrasound, usually offered around 18–22 weeks.
- ☐ Discuss gestational diabetes screening, usually done around 24–28 weeks.
- ☐ Ask your provider what changes in your baby's movement to watch for as pregnancy progresses.

PREPARING FOR BIRTH

- ☐ Begin learning about labor, comfort measures, and common birth interventions.
- ☐ Consider a childbirth class and breastfeeding or infant-feeding education.
- ☐ Talk with your partner or support person about how you hope to be supported during labor.
- ☐ Start a list of birth preferences and questions for your provider.
- ☐ Begin planning time off, childcare, and practical help after birth.
- ☐ Research baby essentials for your family's needs and create a baby registry.
- ☐ Schedule a consultation with a doula and choose the support that feels right for your family.

A MOMENT TO PAUSE

- ☐ Lord, be with me at every appointment and in every decision. Help me ask good questions, receive compassionate support, and grow in confidence for the journey ahead. Amen.

THIRD TRIMESTER

WEEK 28 TO BIRTH

CARE AND HEALTH

- ☐ Continue prenatal appointments and discuss your provider's guidance for monitoring baby's movements.
- ☐ Ask about Group B Strep (GBS) screening, typically done around weeks 36–38.
- ☐ Review when to call your provider or go in for evaluation, including concerns about labor, your water breaking, or a change in baby's movements.

GETTING READY TO MEET BABY

- ☐ Review your birth preferences with your provider and support team.
- ☐ Make a flexible plan for getting to your birth location, including childcare if needed.
- ☐ Pack your hospital or birth-center bag.
- ☐ Install your infant car seat and learn how to use it correctly.
- ☐ Choose a pediatrician or other clinician for your baby.
- ☐ Gather basic supplies and prepare a safe place for baby to sleep.
- ☐ Plan meals, household help, and support for your recovery.
- ☐ Discuss your feeding goals and where to get help if you need it.
- ☐ Save important phone numbers and know whom to contact after hours.
- ☐ Finalize birth support plans with your doula and review when and how to contact them during labor.

A MOMENT TO PAUSE

- ☐ Lord, prepare my body, heart, and home for my baby's arrival. In these final weeks, give me patience to wait, strength to rest, and peace for the journey ahead. Amen.

Remember: This is a guide, not a deadline. Your provider may recommend different timing or additional care based on your pregnancy. You are welcome to ask questions and take part in every decision.