



NEW PARENTS TO-DO LIST

TO STAY HEALTHY AND LOW-RISK:

- Start taking a prenatal vitamin**
(Preferably food-based)
- Focus on getting proper nutrition:**
Drink 1/2 your weight in oz of water daily
"Eat the rainbow"
Consider the Brewer Pregnancy Diet
- Do 20-30 min of exercise daily**
(Moderate exercise, such as walking)



FIRST TRIMESTER:

- Select a care provider**
(Dr/OB/Midwife)
- Choose your birthplace**
(Home/Birth Center/Hospital)
- Consider how you plan to share the news**
with friends/family/coworkers

SECOND TRIMESTER:

- Take a childbirth class**
and research your birth options
- Sign up for other parenting classes**
(Baby care, infant sleep, breastfeeding, etc.)
- Hire a doula for extra support**
- Drink Red Raspberry Leaf tea daily**
- Find a Webster-certified chiropractor**
- Start shopping for maternity clothes**
and nursing bras
- Do an anatomy scan at 18-20 weeks**
- Start planning for childcare**
- Start planning for maternity leave**
- Consider baby names**
- Create a baby registry or wish list**
- Gather addresses, print labels, & purchase stamps**
for baby-related mailers (baby shower invites,
thank you cards, birth announcements, etc.)
- Plan a "Baby Moon" with your partner**
to enjoy some alone time to yourselves



BUDGET FOR BABY AND BIRTH-RELATED EXPENSES:

- | | |
|--|--|
| <input type="checkbox"/> Prenatal care & tests | <input type="checkbox"/> Baby items & equipment |
| <input type="checkbox"/> Delivery | <input type="checkbox"/> Mailers (cards & postage) |
| <input type="checkbox"/> Doula / Birth support | <input type="checkbox"/> Maternity leave / reduced
income |
| <input type="checkbox"/> Classes & books | <input type="checkbox"/> Childcare expenses |
| <input type="checkbox"/> Chiropractor, massage | <input type="checkbox"/> College / savings accounts |
| <input type="checkbox"/> Physical therapy | <input type="checkbox"/> "Rainy Day" fund |
| <input type="checkbox"/> Lactation support | |
| <input type="checkbox"/> Photography | |

THIRD TRIMESTER:

- Find a pediatrician**
- See if your insurance covers a breast pump**
- Have a baby shower or belly blessing**
- Send THANK YOU cards!**
- Prepare your home for baby**
- Purchase any clothes/equipment**
remaining on your wish list
- Do Spinning Babies exercises daily**
to prepare your body for birth
- Practice relaxation exercises daily**
- Start doing daily kick counts after 30 wks**
- Consider maternity photography**
- Consider belly casting (35-37 wks)**
- Tour your birthplace**
and pre-register if needed
- Finalize your birth plans**
and include a plan for sibling care, if needed
- Download a contraction timer app**
- Install baby's car seat**
Consider getting a 2nd base for other caregivers
- Pack your birth bags**
- Consider creating a labor playlist**
- Prep your home for postpartum recovery**
- Make plans for postpartum meals/chores**
Prep freezer meals, set up a "Meal Train",
or hire a delivery/prep service
- Set boundaries and MANAGE EXPECTATIONS**
for friends, family, and visitors!!



FOURTH TRIMESTER:

- Mail in papers for social security card**
- Mail in papers for birth certificate**
- Continue taking your vitamins**
& drinking plenty of water!
- Schedule baby's first doctor appointment**
- Schedule your postpartum follow-up visit**
- Write down any questions that you have**
for your provider, doula, or support team
- Let friends/family know when they can**
SCHEDULE a time to visit -
SET HEALTHY BOUNDARIES.
- Take newborn photos (do yourself,**
at birthplace, or hire a photographer)
- Send out baby announcements**
- Find a place for keepsakes**
Such as a baby book or shadow box
(Hand/footprints, birth story, hospital bracelets)
- Add baby to your health insurance**
- Update your will & estate plans**
- Add baby as a beneficiary to your accounts**
- Consider a 529 or other savings accounts**
- Consider purchasing life insurance**
- ★ **Get plenty of REST and enjoy your NEW BABY!**

ABOVE ALL: DON'T BE AFRAID TO ASK FOR HELP!!!