

pregnancy checklist



TTC

- See the dentist
- Preconception checkup
- Get tetanus booster and German measles and chicken pox immunizations
- Talk to relatives about family medical history including birth defects, miscarriages and genetic disorders
- Start taking prenatal vitamins
- If self-employed, apply for a private disability policy

Weeks 1–8*

- Take pregnancy test
- Tell your partner the good news
- Find an OB/GYN
- Schedule prenatal checkup
- Research insurance—how does it deal with pregnancy and children?
- Make sure partner has short and long term disability
- Figure out how pregnancy, baby and maternity leave will affect finances
- Create a savings plan for your child's future expenses
- Make a budget to start saving now
- First prenatal checkup (week 4–8)

Weeks 8–12

- Start buying maternity clothes
- Chorionic villus sampling
- Nuchal translucency screening (week 10–12)
- Chromosomal disorder screening (week 10–14)
- Doctor visit

Weeks 12–16

- Start planning maternity leave and postpartum work schedule
- Tell boss about pregnancy
- Doctor visit
- Milestone:* Tell friends and family?

Weeks 16–20

- Start planning nursery
- Look into childcare options
- Doctor visit
- Standard mid-pregnancy ultrasound
- Amniocentesis and triple screen (week 15–18)
- Milestone:* Find out baby's gender?
- Milestone:* Hear baby's heartbeat with stethoscope?
- Milestone:* First baby kick?
- Milestone:* Belly starting to show?

Weeks 20–24

- Start pediatrician interviews
- Research and sign up for childbirth classes
- Figure out baby shower logistics (date, host, location, guests, etc.)
- If banking cord blood, figure out where and order kit
- Doctor visit

Weeks 24–28

- Update or write will, including directions for child's inheritance and guardianship
- Purchase life insurance
- Update 401K and retirement account beneficiaries
- If using doula, start interviews
- Start childcare interviews
- Send out shower invites
- Register for shower gifts
- Doctor visit

Weeks 28–32

- Babyproof house
- Start fetal kick counts
- Prepare birth plan
- Baby shower
- Send thank-you notes for gifts (start one week after shower)
- Cook and freeze meals for after delivery
- Start childbirth class
- Doctor visits (two this month)
- Milestone:* Others feel baby move?

Weeks 32–36

- Buy any baby items still needed
- Prepare all baby first aid and emergency items
- Print and fill out emergency sheets
- Get a low-maintenance haircut
- Finish painting nursery
- Get car seat inspected
- Pack hospital bag
- Contact local cord blood bank if interested in donating
- Find out what screening tests your hospital routinely gives newborns
- Speak with doctor about any additional tests you'd like run
- Doctor visits (two this month)
- Group B strep test (week 35–37)
- Milestone:* Last day of work
- Milestone:* Last week to fly safely (week 35)

Weeks 36-delivery

- Doctor visits (weekly until delivery)
- Non-stress test
- Biophysical profile

Month 1

- Hepatitis B #1 (birth-two months)
- Pediatrician visit (week 2–4)

Month 2

- Baby old enough to be accepted at some daycares (week 6)
- Meet with manager to discuss work hours and return to projects
- Hepatitis B #2 (month 1–4)
- Milestone: First day back at work

Month 3

- Pediatrician visit
- DtaP, Hib, polio, PCV and rotovirus vaccines
- Milestone: First smile