



# What to Do During Your Pregnancy

## First Trimester (0–13 weeks)

- ▶ Schedule a prenatal appointment with an OB-GYN or midwife. They will monitor the health and progress of your pregnancy, as well as give you an expected due date. See them once a month during your first trimester.
- ▶ If you drink or smoke, stop. These can increase the risk of miscarriage or birth defects.
- ▶ Talk about your mood and mental health during your prenatal visits.
- ▶ Take prenatal vitamins daily.
- ▶ Talk with your provider about flu and COVID shots.
- ▶ Get cervical cancer and STI screenings.
- ▶ Talk with your provider about eating healthy and exercising during your pregnancy.
- ▶ Limit your caffeine intake. Avoid raw fish, shellfish, meat, and eggs.

## Second Trimester (14–26 weeks)

- ▶ Increase prenatal appointments to twice a month during your second trimester.
- ▶ Speak to your employer about FMLA and parental leave.
- ▶ Make a baby registry and contact list for baby shower invitations.
- ▶ Look up baby safety gear (strollers, car seats, bottles, etc.).
- ▶ Choose a pediatrician.
- ▶ Talk with your provider about pain management options.

## Third Trimester (27–40 weeks)

- ▶ Increase prenatal appointments to once a week during your third trimester.
- ▶ Make a birth plan/emergency plan.
- ▶ Have your baby shower and get any other needed items.
- ▶ Set up your nursery and make a safe sleeping space for the baby.
- ▶ Take childbirth/breastfeeding/newborn classes and infant CPR/choking safety training.
- ▶ Talk with your family and caregivers about getting the TDAP shot.
- ▶ Install your car seat and pack your hospital bag/diaper bag.

## Postpartum

- ▶ Schedule postpartum and pediatric visits with your providers.
- ▶ Add your baby to your health insurance.
- ▶ Check your baby's birth certificate and order a certified copy. Order their social security card.
- ▶ Check with the hospital for breastfeeding/newborn support groups.
- ▶ If you are planning to breastfeed, test your pump once your milk comes in.
- ▶ Schedule a dental appointment for yourself.
- ▶ Talk with your provider about birth control options.
- ▶ Set up your mammogram and other yearly exams.
- ▶ Practice self-care: Go for a walk with the baby, eat healthy, schedule time to do something you enjoy with friends or family, etc.
- ▶ If you feel sadness or “the blues” after pregnancy, tell your provider and call or text the National Maternal Mental Health Hotline: 1-833-9-HELP4MOMS (1-833-943-5746).