



PREGNANCY MILESTONES

Checklist

PREPARING ONE STEP AT A TIME



FIRST TRIMESTER

- Confirm Pregnancy
- Choose Provider
- First Prenatal Visit
- Begin Prenatal Vitamins



SECOND TRIMESTER

- Anatomy Scan
- Begin Childbirth Education
- Research Pediatricians
- Start Registry




THIRD TRIMESTER

- Hospital Tour
- Create Birth Preferences
- Install Car Seat
- Pack Hospital Bag
- Finalize Postpartum Plan
- Complete My Village Worksheet



FINAL WEEKS

- Review Labor Signs
- Confirm Support Team
- Rest & Prepare
- Await Baby's Arrival 



You've got this, Mama. We're here every step of the way.

