

Mommy and Baby

A fun and creative checklist preparing for baby

Pregnancy can be a stressful time. You don't always feel good, your body is changing, and there are so many preparations. This checklist is for those fun and creative activities you and your family can do to start bonding with your baby.

First Trimester

- Think about when you'll announce your pregnancy
- Take your prenatal vitamins
- Stock up on healthy meals
- Sign up on your favorite "baby" web site and follow its development
- Start taking belly photos
- Start a baby name list
- Make your baby budget
- Start a daily ritual to connect with your baby
- Start a baby journal to write down all of the milestones and store any photos and momentos

Second Trimester

- Do you want to find out the sex of your baby?
- Get a good moisturizer for your belly
- Look into birthing classes - Schedule them for around 30 weeks
- Plan a shopping trip for maternity items
- Start preparing your older children
- Do you have crazy dreams. Write them in your journal
- Look into ways to prepare your pet for the new baby
- Talk to your baby every day
- If you need childcare, look into your options
- Do Kegel exercises
- Discuss your maternity leave with your employer
- Go to the dentist and get your teeth cleaned
- Take off any tight jewelry now before they get stuck
- Start a memory box and write a letter to your baby - Have older children write them a letter or draw them a picture

Third Trimester

- Keep track of your baby's movements
- Plan for who will watch older children when you have to go to the hospital
- Install your baby's car seat and practice using it
- Make a few meals and freeze them for your return from the hospital
- Pack your baby's diaper bag
- Stock up on every day household supplies so you don't have to worry about shopping after baby comes home
- Ask some friends and family to come help after baby's born.
- Ask a friend or family (or hire it out) to clean your house before the baby arrives



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