

# ● First Trimester Checklist

## **Start Taking Prenatal Vitamins**

Prenatal vitamins are essential for your health and the healthy growth of your baby. Even if you are currently taking vitamins, switch over to prenats, which have the vitamins that you need to grow a healthy baby.

## **Make Time for Physical Activity**

Regular physical activity has many benefits if you are expecting. It can help relieve fatigue and constipation, and can promote healthy weight gain.

## **Eat a Healthy Diet**

A healthy diet can assist you in getting the nutrients you and your baby need, and can ensure that you gain a healthy amount of weight during your pregnancy.

## **Find a Provider & Book Your First Visit**

If you do not already have an obstetrician that you love, now is the time to find one. It's important to receive adequate care throughout your pregnancy, so finding an obstetrician is really important.

## **Genetic Testing?**

There are some genetic tests that can be performed on your unborn child that look for certain genetic defects. If it is important to you to know this ahead of time, you may want to consider having it done. There are risks associated with it, so be sure to speak with your provider about your options.

## **Look at Your Health Insurance Options**

Check with your insurance provider to find out which providers and procedures they cover, so that you are not blindsided once your baby is born.

## **Make a Budget**

A budget is helpful at any period of your life, but especially now, as you are expecting to add a new person to your family. If you have a spouse or partner, speak openly with them and come to a decision together. It will help so much in the long run.

## **Think About Baby Names**

Some people have a name chosen before their baby is even conceived, and some don't decide until after they are born. But it is always worth getting a head start on naming your child so you aren't rushed into a decision.

## **Announce Your Pregnancy**

Announcing your pregnancy can be really fun, and you may want to think of a cute announcement for your friends and family. This is your good news. Share it however you want!

