

THE BABY CHICK'S FIRST TRIMESTER Checklist



- ☐ Cut down on stress.
- ☐ Get a full night's sleep.
- ☐ Participate in low-impact exercise daily.
- ☐ Introduce lots of vitamin-rich fruits and vegetables into your diet.
- ☐ Begin taking high-quality prenatal vitamin with folic acid.
- ☐ Drink more water!
- ☐ Interview maternity care providers.
- ☐ Schedule your first appointment with your doctor or midwife.
- ☐ Research your prenatal testing options.
- ☐ Make a list of questions for your doctor or midwife.
- ☐ Fit in naps when you can.
- ☐ Pamper yourself.