Checklist: Pregnancy Timeline

This handy month-by-month pregnancy guide takes you through every stage of the journey, from TTC to your beautiful three-month-old baby.



TTC

- [ ] See the dentist
- [ ] Preconception checkup
- [ ] Get tetanus booster and German measles and chicken pox immunizations
- [ ] Talk to relatives about family medical history including birth defects, miscarriages and genetic disorders
- [ ] Start taking prenatal vitamins
- [ ] If self employed, apply for a private disability policy

Weeks 1-8

- [ ] Take pregnancy test
- [ ] Tell your partner the good news
- [ ] Find an OB/GYN
- [ ] Schedule prenatal checkup
- [ ] Research insurance — how does it deal with pregnancy and children?
- [ ] Make sure partner has short and long term disability
- [ ] Figure out how pregnancy, baby and maternity leave will affect finances
- [ ] Create a savings plan for your child's future expenses

- [ ] Make a budget to start saving now
- [ ] First prenatal checkup (week 4-8)

Weeks 8-12

- [ ] Start buying maternity clothes
- [ ] Chorionic villus sampling
- [ ] Nuchal translucency screening (week 10-12)
- [ ] Chromosomal disorder screening (week 10-14)
- [ ] Doctor visit

Weeks 12-16

- [ ] Start planning maternity leave and postpartum work schedule
- [ ] Tell boss about pregnancy
- [ ] Doctor visit
- [ ] Milestone: Tell friends and family?

Weeks 16-20

- [ ] Start planning nursery
- [ ] Look into childcare options
- [ ] Doctor visit
- [ ] Standard mid-pregnancy ultrasound
- [ ] Amniocentesis and triple screen (week 15-18)
- [ ] Milestone: Find out baby's gender?
- [ ] Milestone: Hear baby's heartbeat with stethoscope?
- [ ] Milestone: First baby kick?
- [ ] Milestone: Belly starting to show?

Weeks 20-24

- [ ] Start pediatrician interviews
- [ ] Research and sign up for childbirth classes
- [ ] Figure out baby shower logistics (date, host, location, guests, etc.)
- [ ] If banking cord blood, figure out where and order kit

- [ ] Doctor visit

Weeks 24-28

- [ ] Update or write will, including directions for child's inheritance and guardianship
- [ ] Purchase life insurance
- [ ] Update 401K and retirement account beneficiaries
- [ ] If using doula, start interviews
- [ ] Start childcare interviews
- [ ] Send out shower invites
- [ ] Register for shower gifts
- [ ] Doctor visit

Weeks 28-32

- [ ] Babyproof house
- [ ] Start fetal kick counts
- [ ] Prepare birth plan
- [ ] Baby shower
- [ ] Send thank-you notes for gifts (start one week after shower)
- [ ] Cook and freeze meals for after delivery
- [ ] Start childbirth class
- [ ] Doctor visits (two this month)
- [ ] Milestone: Others feel baby move?

Weeks 32-36

- [ ] Buy any baby items still needed
- [ ] Prepare all baby first aid and emergency items
- [ ] Print and fill out emergency sheets
- [ ] Get a low-maintenance haircut
- [ ] Finish painting nursery
- [ ] Get car seat inspected
- [ ] Pack hospital bag
- [ ] Contact local cord blood bank if interested in donating

- [ ] Find out what screening tests your hospital routinely gives newborns
- [ ] Speak with doctor about any additional tests you'd like run
- [ ] Doctor visits (two this month)
- [ ] Group B strep test (week 35-37)
- [ ] Milestone: Last day of work
- [ ] Milestone: Last week to fly safely (week 35)

Weeks 36-delivery

- [ ] Doctor visits (weekly until delivery)
- [ ] Non-stress test
- [ ] Biophysical profile

Month 1

- [ ] Hepatitis B #1 (birth-two months)
- [ ] Pediatrician visit (week 2-4)

Month 2

- [ ] Baby old enough to be accepted at some daycares (week 6)
- [ ] Meet with manager to discuss work hours and return to projects
- [ ] Hepatitis B #2 (month 1-4)
- [ ] Milestone: First day back at work

Month 3

- [ ] Pediatrician visit
- [ ] DtaP, Hib, polio, PCV and rotovirus vaccines
- [ ] Milestone: First smile

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