

# 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

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- ☐ 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

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- ☐ 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
- ☐ Start childcare interviews
- ☐ Register for shower gifts
- ☐ Send out shower invites
- ☐ 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
- ☐ Get a low-maintenance haircut
- ☐ Print and fill out emergency sheets
- ☐ 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 rotavirus vaccines
- ☐ Milestone: First smile

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