



NEW MOM CHECKLIST

1 *First Trimester*

..... Initial visit with OB doctor

..... Start prenatal vitamins

..... Research hospital options

..... Research your employer's maternity benefits

..... Look into childbirth classes for next trimester

2 *Second Trimester*

..... Tour hospital(s)

..... Choose pediatrician

..... Shop for maternity clothes

..... Make birth plan

..... Attend childbirth classes

..... Look into daycare options, if desired.

..... Update or create your will, update retirement account beneficiaries

3 *Third Trimester*

..... Pack hospital bag

..... Install car seat

..... Register for your shower

..... Shop for nursing bras and pads, if breastfeeding

..... Buy crib or bassinet