

### •• First Trimester

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- Take your prenatal vitamins**
  - Seek advice from your doctor.
- Check your health insurance**
  - To check the coverage for your labour.
- Make a prenatal appointment**
  - 1st appointment: 8 weeks or later.
- If you smoke, QUIT!**
  - Smoking raises the risk of a host or pregnancy problem including miscarriage and preterm birth.
- Stop drinking alcohol**
  - It can be harmful for your baby.
- Make sure your activities are pregnancy-safe**
  - Swimming, walking, yoga, light dance, light weightlifting, indoor cycling.
  - Benefits: Stress reduction, relieves aches & pains.
- Cut down on caffeine**
  - High caffeine consumption is linked to miscarriage and other pregnancy problems.
- Eat well!**
  - Don't diet when you are pregnant.
  - Skip unsafe food
  - Eat healthily
- Stay hydrated**
  - Advisable to drink 8-10 glasses of water per day
  - Your body needs the extra fluids to support all of the changes it's going through.
- Go to bed early**
  - You may be more exhausted than usual. Sleep and rest even if you feel like a grandma.
- Get relief from morning sickness**
  - Avoid heats, strong food odours, and fragrances.
  - Have several small meals and snacks throughout the day.
  - Get plenty of fresh air.
- Learn the signs of pregnancy problem**
  - One-sided abdominal pain, with or without bleeding.
  - Bleeding; especially if it's heavy.
  - Your baby is moving less than usual.
  - Severe headaches.
  - Shortness of breath.
  - Leg cramps.
  - Constant itching.
- Start taking belly photos**
  - It is a way to document your growing bump.
- Make a baby budget**
  - Plan for baby expenses (clothes, food, diapers, toys, gear)
- New bras; New undies**
  - Maternity bras and underwear can make a big difference for your comfort.
- Get ready to see or hear your baby**
  - Have an early ultrasound to hear your baby's heartbeat.
- Start a baby name list**
  - It may be too early but it is fun and excited to start writing down the names.

### •• Second Trimester

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- Go for prenatal exercise classes**
  - To stay motivated to exercise and a great way to meet other pregnant mommies.
- Second-trimester visit and tests**
  - Gather information.
  - Record your weight.
  - Check your blood pressure and possibly your urine.
  - Listen to your baby's heartbeat.
  - Examine your belly.
  - Discuss tests and procedures.
  - Perform blood test.
- Track weight gaining**
  - Gaining the right amount of weight during pregnancy can help to protect your health and the health of your baby.
- Shop for maternity clothes**
  - Buy a few maternity dress. You also may need to buy extra large T-shirt which you are more comfortable with and pair with a legging.
- Plan some adult time**
  - You are excited with your soon-to-be-born baby, but during your pregnancy, you may have your own " Me Time".
- Start moisturizing your belly**
  - Applying some lotions on your belly can reduce the itchiness though it may not prevent stretch marks.
- Narrow down your baby names list**
  - During your 1st trimester, you may already have a list of names for your baby. Now is the time to narrow down the list with your husband by choosing the names that both of you like.
- Decide whether you want to find out the sex of your baby**
  - BOY? GIRL? or BIG SUPRISE? Before another scan of ultrasound, you may decide whether you want to know the gender or not.
- Start doing Kegel exercise**
  - Kegel keep your pelvic floor muscles strong throughout pregnancy and beyond.
- Crazy pregnancy dreams**
  - Getting any weird or funny dreams? Jot down and share it with your husband and parents. Most elderly have instinct with dreams.
- Do some financial planning**
  - Becoming a parent means new financial responsibilities.
- Research for childcare**
  - If you need a childcare for your baby, especially for working parents, start looking for a suitable childcare - Daycare center, Home daycare, Nanny, Relative care, Preschool, Stay-at-home mom.
- Start Sleeping on your side**
  - Once you reach mid - pregnancy, it is advisable to start sleeping on your side, especially on your left side (to improve blood flow and reduce swelling)
- Create a baby registry**
  - Family and friends will be soon wondering on what you need or want. They may want to throw you a baby shower.
- Maternity Leaves**
  - Check with your HR dept or your supervisor regarding your maternity leave so everyone is well informed and can be prepare better work arrangement.
- Check your ring**
  - If pregnancy swelling is making your ring feel snug, take them off now before they get stuck!
- Consider a baby moon**
  - A short per-baby trip is good for your own relaxation.
- Baby Shower**
  - Organize a baby shower that comes with a themes, games, and guest list. 4 to 6 weeks before the due date is the perfect timing.
- Avoid unsafe activities**
  - Now that your belly is getting bigger, refrain yourself from doing any hardcore sports and activities.
- Eat Healthy**
  - Minimize "extra" food that have calories but few nutrients. Instead, take yogurt, nuts, hard boiled-egg, fresh fruits or vegetables daily.

### •• Third Trimester

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- Keep track of your baby's movements**
  - Pay attention to your baby's kicks, twitches, and rolls.
  - Turn on your camera to record the movements.
- Third-trimester visit and tests**
  - You will be asked about your feeling.
  - Baby's movements.
  - Do a physical exam.
  - Discuss any other test or care you may need.
  - Pregnancy counselling.
  - Labour and delivery questions.
  - Discuss postpartum considerations.
- Consider more classes**
  - In addition to a childbirth class, you may go for more classes such as baby care, breastfeeding, nutrition, pilates and psychological class.
- Prepare for breastfeeding**
  - If you are planning to breastfeed your baby, seek advice from your doctor or from the professionals.
- Choose a doctor for your baby**
  - Get a list of pediatricians from friends, co-workers and neighbours.
- Assemble your baby gear**
  - This is perfect job for your helpful husband by setting up stroller and car seat.
- Set up a safe place for your baby to sleep**
  - Place a soft mattress, soft pillow and 2 soft bolster at your baby's crib.
  - Avoid placing the baby crib near to the air-conditioner.
- Talk to your baby**
  - Place your hand on your belly and talk to your baby as your baby can hear you now.
  - Bonding time with your little one.
- Learn about coping with labour pain**
  - No woman can predict what sort of pain she will have during labour as it varies from woman to woman, and from birth to birth.
  - It is important to learn breathing and relaxation techniques.
- Know the stages of labour (3 stages)**
  - **First Stage** : This begins when you start having contractions. It causes progressive changes in your cervix and ends when your cervix is fully dilated (open).
  - **Second Stage** : This begins when you are fully dilated and ends with the birth of your baby. This is sometimes referred to as the "pushing" stage.
  - **Third Stage** : This begins right after the birth of your baby and ends with the delivery of the placenta.
- Wash your baby's clothing and bedding**
  - Wash everything that will go near your baby's skin to remove any irritants in the fabrics.
- Commemorate your belly**
  - Celebrate your amazing pregnant belly by making a belly cast, professional portrait or getting henna design.
- Consider top baby cost and how to save more**
  - Feeding with breast milk first, before proceed with formula.
  - During day time, try using cloth/ washable diapers, while baby diapers can be used during night time.
  - You can ask for help from your parents or relatives to help taking care of your baby if you want to save on childcare cost.
  - You might have family members, relatives or friends that can actually give out baby's clothing and gears.
- Read up baby care**
  - The third trimester is the perfect time to switch your reading topic - pregnancy to baby.
- Pack a bag for the hospital or birth center**
  - You may refer to our "HOSPITAL CHECKLIST"

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- Tour your hospital or birth center**  
-- Get familiar with the place where you will give birth
- Baby's name**  
-- Now is the time to decide on your baby's name from your baby's name list.
- Don't panic if you go past you due date (Natural Birth)**  
-- After months of anticipation, you have reached your due date, but you are still pregnant. No worries, it can be frustrating, but this situation is common.