

Pregnancy to-do list

1ST TRIMESTER (1 to 13 weeks)

Visit your doctor	Once you have a positive pregnancy test, see your GP for a referral to an obstetrician or midwife. Your doctor or midwife will confirm your due date and help to plan a prenatal health care program and relevant pregnancy testing. Regular check-ups are essential to ensure both you and baby are well. Also check your current medications with your doctor.
Eat healthy	To help keep you and baby healthy make sure you are eating a healthy, balanced diet. You need to avoid alcohol, smoking, raw and uncooked meat, raw eggs, soft cheeses, processed meats and unpasteurized dairy products. View more info on listeria here .
Admin	Ask your employer about your maternity leave entitlements and inform them of your pregnancy.
Vitamins	Ensure you are taking a pregnancy and breastfeeding multivitamin and a Vitamin D supplement as directed by your healthcare provider.
Do your pelvic floorexercises	Your pelvic floor muscles can become weak during pregnancy and after birth. Perform pelvic floor exercises regularly as directed by your healthcare provider. See healthcare professional if necessary.

2ND TRIMESTER (14 to 26 weeks)

Book prenatal classes	These classes help to prepare you and your partner for labour and birth, feeding and parenting. Tummy Talks offers prenatal, breastfeeding, postpartum and first aid classes. It's also an opportunity to ask any questions you have.
Book the hospital or birth centre	Discuss your birthing options with your doctor or midwife and book a tour of the hospital.
Enroll with Cells for Life	Make sure that you have researched your options in regards to cord blood banking. It is best to enroll with Cells for Life in your second trimester so that you can get your collection kit at 34 weeks. View Cells for Life's website at www.cellsforlife.com

3RD TRIMESTER (27 weeks to birth)

Organize baby equipment	You will need nursery furniture, stroller, baby clothes, diapers and other essential supplies. There are lots of options to buy new or even borrow from friends and family. If you borrow a crib, make sure you buy a new mattress that fits the crib. For more information, visit the government of Canada website.
Get the baby car seat fitted	Children under 1 year must be secured in an approved, properly fitted rear-facing 5-point harness. Make sure to have this fitted before you have your baby by an authorized fitter. The current child restraint guidelines are available on the government of Canada website.
Make a birth plan	Discuss your preferences for labour and birth with your obstetrician or midwife and write out a birth plan.
Pack your hospital bag	Have your hospital bag packed early in case of an early delivery. We have included a hospital bag checklist on the next page.
Prepare your nursery	Have the baby's room ready for when you go home from the hospital.
Hospital requirements	Check with your obstetrician or midwife if there are any requirements for the hospital