

MONTHLY PREGNANCY TO DO LIST

MONTH 1

- Call your doctor
- Start prenatal vitamins
- Download pregnancy apps

MONTH 2

- Decide on pregnancy announcement

MONTH 3

- Read about pregnancy and babies

MONTH 4

- Brainstorm nursery ideas
- Book prenatal massage

MONTH 5

- Start organizing nursery
- Plan baby shower or ask a friend
- Create a registry
- Have a gender reveal

MONTH 6

- Go on babymoon
- Request breast pump from insurance
- Stretch and walk

MONTH 7

- Take breast feeding class
- Take child birth or Lamaze class
- Have baby shower
- Start hospital bag

MONTH 8

- Create written birth plan
- Have pregnancy photo shoot

MONTH 9

- Choose birth announcement
- Go on date with hubby