PREGNANCY

CHECKLIST

Schedule your first appointment.

- Start setting up your registry.
- Start taking prenatal vitamins.
- Second trimester ultrasound.

First trimester screenings.

- Start interviewing pediatricians
- Get back on track with healthy eating.
- Get tested for gestational diabetes

Sign up for A childbirth class.

Start baby proofing your home

Second trimester screenings. Consider CPR certification

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Preparation For Pregnancy An Ebential Guide

Michael Rajnik

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