

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 an antenatal 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 unpasteurised dairy products. View more info on listeria here .
Admin	Ask your employer about your maternity leave entitlements and inform them of your pregnancy. Ensure your health insurance, Centrelink are all in order
Vitamins	Ensure you are taking a pregnancy and breastfeeding multivitamin and a Vitamin D supplement as directed by your healthcare provider.
Do your pelvic floor exercises	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 antenatal classes	These classes help to prepare you and your partner for labour and birth, feeding and parenting. Tummy Talks offers antenatal, breastfeeding, postnatal 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.
Enrol with Cell Care	Make sure that you have researched your options in regards to cord blood banking. It is best to enrol with Cell Care in your second trimester so that you can get your collection kit at 34 weeks. View Cell Care's website www.cellcare.com.au

3RD TRIMESTER (27 weeks to birth)

Organise baby equipment	You will need nursery furniture, pram, baby clothes, nappies and other essential supplies. There are lots of options to buy new or even borrow from friends and family. If you borrow a cot, make sure you buy a new mattress that fits the cot. For more information, visit the Raising Children website.
Get the car baby capsule fitted	Children under 6 months must be secured in an approved, properly fitted rear-facing restraint. Make sure to have this fitted before you have your baby by an authorised retailer/fitter. The current child restraint guidelines are available at the Kidsafe 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 hospital.
Hospital requirements	Check with your obstetrician or midwife if there are any requirements for the hospital