



## First trimester to-do list

- Make an appointment for a clinical pregnancy test.
- Start taking prenatal vitamins.
- Find out what your health insurance covers as far as prenatal care and delivery costs.
- Choose a provider.
- Make a prenatal appointment.
- Quit smoking.
- Stop drinking alcohol and significantly cut down on your caffeine consumption.
- Avoid harmful foods.
- Stock your kitchen with healthy food.
- Go to bed early in order to get plenty of sleep.
- Consider your options for prenatal testing.
- Think about how and when you will announce your pregnancy.
- Start a baby name list.