

Too busy to be pregnant?

Get the Essentials

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Plus

Childbirth Readiness Assessment
Customized Maternity Plan

&

La Belle Bump fashion discounts

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Space is limited
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love,
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www.MommaSwag.com

Momma Swag
Pregnancy Planner

Stage 1

Weeks 1-8

- Get plenty of sleep
- Eat as your senses and cravings lead you
- Keep hard candy handy to manage nausea
- Schedule an appointment with a Midwife or OB/GYN . _____
- Review your health insurance — What are the coverages for pregnancy and children?
- Research partner's parental leave options
- Assess how maternity/paternity leave will affect finances
- Decide how much money to put aside for maternity leave

Weeks 8-12

- Meet with Nutritionist
- Explore Maternity clothing subscription services, Maternity Consignment stores, or Maternity shopping
- Chorionic villus sampling
- Nuchal translucency screening
- Chromosomal disorder screening
- Prenatal visit

Week 12-16

- Milestone: Tell friends and family?
- Talk with employer about maternity leave and postpartum work schedule
- Prenatal visit

Stage 2

Week 16-20

- Find a supportive group of pregnant Mommas or friends
- Attend a prenatal Movement class e.g. yoga
- Start planning a nursery
- Explore childcare options
- Mid-pregnancy ultrasound
- Amniocentesis and triple screen
- Milestone: Find out baby's gender?
- Plan gender reveal?
- Milestone: First baby kick?
- Milestone: Belly starting to show?
- Prenatal Massage
- Prenatal visit

Weeks 20-24

- Consult Maternity stylist or be intentional about your look
- Book Maternity Photo shoot between 28-35 weeks
- Plan a Momma outings with friends/family
- Research pediatricians through recommendations and interviews
- Research and sign up for childbirth classes
- Decide baby shower plans
- Prenatal visit

Weeks 24-28

- If using birth doula, start interviews
- Consider post partum doula
- Explore and purchase life insurance
- Start childcare research
- Send out shower invites
- Register for shower gifts
- Prenatal visit

Stage 3

Week 28-32

- Continue prenatal movement i.e. yoga swimming, dance
- Discuss post partum support team
- Start fetal kick counts
- Prepare birth plan with doula
- Baby shower
- Send thank-you notes for gifts (start one week after shower)
- Plan and prepare post partum meals
- Start childbirth prep class
- 2 Prenatal visits this month
- Milestone: Others can feel baby move

Weeks 32-36

- Braid hair or cute no fuss hair style
- Prenatal Massage/spa day
- Buy any baby items still needed
- Prepare all baby first aid and emergency items
- Finalize birth plan
- Finish preparing nursery
- Know how to properly install car seat
- Pack hospital bag
- Find out what screening tests your hospital routinely gives newborns
- 2 prenatal visits this month
- Group B strep test (week 35-37)
- Milestone: Last day of work
- Milestone: Last week to fly safely (week 35)

Weeks 36-Delivery

- Doctor visits (weekly until delivery)
- Non-stress test
- Biophysical profile



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