

	3 Months Preparation	1st Trimester (1-3 months)	2nd Trimester (4-6 Months)	3rd Trimester (7-9 Months)
<b>Mom</b>	<ul style="list-style-type: none"> <li>-Eat nutritionally.</li> <li>-Have Medical Checkup.</li> <li>-Choose a Prenatal Care Provider.</li> <li>-Stop smoking and drinking.</li> <li>-Make sure you are taking a multi-vitamin with 400- mcg of Folic Acid.</li> <li>-Be at a weight that is healthy for you.</li> <li>-Started saving money.</li> <li>-Check maternity and paternity medical leave.</li> <li>-Know insurance benefits and his/her jobs.</li> <li>-Discuss lifestyle changes (changes in income, cost of childcare, balance between work and family)</li> <li>-Discuss parenting styles and priorities.</li> </ul>	<ul style="list-style-type: none"> <li>-Before exercising, check with provider to see what is safe.</li> <li>-Eat a variety of healthy foods throughout pregnancy.</li> <li>-By the end of the 3<sup>rd</sup> month you will have gained 2-4 pounds.</li> <li>-Visit your health care provider as soon as you think you're pregnant</li> <li>-You should see your provider 3 times this trimester.</li> </ul>	<ul style="list-style-type: none"> <li>-You will usually gain about 1 pound a week (12-14 pounds by the end of the 6<sup>th</sup> month)</li> <li>-Continue to increase the amount of nutrients you are in-taking.</li> <li>-Make sure to get plenty of rest, you may need more than 8 hours of sleep each night.</li> <li>-If approved by provider, continue with moderate exercise.</li> <li>-Have 1 check up with your provider each month.</li> </ul>	<ul style="list-style-type: none"> <li>-Start Childbirth education classes if you have not done so.</li> <li>-After week 28 visit your provider every 2 weeks.</li> <li>-After week 36, visit your provider every week.</li> <li>Decide if you will breastfeed or formula feed your child.</li> <li>-You should gain about 8-10 more pounds this trimester, with a total weight gain of 25-30 pounds (during the 9<sup>th</sup> month you may not gain any weight).</li> <li>-Contractions will occur, time them and call doctor if they last 30-70 seconds and have 5 or more per hour.</li> </ul>
<b>Dad</b>	<ul style="list-style-type: none"> <li>-Encourage your partner to exercise and eat healthy.</li> <li>-Talk about finances with partner.</li> <li>-Go with partner to the preconception check-up.</li> <li>-Check maternity and paternity medical leave.</li> <li>-Know insurance benefits at his/her jobs.</li> <li>-Discuss lifestyle changes (see above)</li> <li>-Discuss parenting styles and priorities/how you want your child to be raised.</li> </ul>	<ul style="list-style-type: none"> <li>-Attend all appointments with your partner (don't be afraid to ask questions!)</li> <li>-Help with the planning-where the baby will sleep, what to buy, how to decorate, etc.</li> <li>-Help partner stay healthy and exercise with partner.</li> </ul>	<ul style="list-style-type: none"> <li>-Continue to exercise with partner and encourage healthy eating.</li> <li>-Go with to prenatal appointments-you will be able to see an ultrasound of your child.</li> <li>-Read/watch and listen to information about pregnancy and becoming a parent.</li> </ul>	<ul style="list-style-type: none"> <li>-During the 3<sup>rd</sup> trimester appointments, ask the provider how you can help with the labor and delivery.</li> <li>-Attend childbirth education classes.</li> </ul>