

The Pregnancy List

Aids for your changing body so you can feel comfortable and supported.

☐ Maternity pillow

☐ Belly oil

☐ Comfy loungewear

☐ Educational books

☐ Pregnancy leggings

☐ Maternity bras

☐ Bump-friendly briefs

☐ Maternity wear

☐ Supplements

☐ Pregnancy-safe skincare

Tick it off...
in the second
trimester