

Second Trimester Checklist

Essentials

BIRTH & BABY

- Plan birth experience
- Attend/register for birthing classes
- Brainstorm baby names

BODY

- Buy maternity clothes
- Get familiar with screening tests
- Use belly cream
- Start doing kegels

MILESTONES

- Take a babymoon
- Plan a baby shower

KEEPSAKES

- Take weekly bump photos
- Download Baby Book App
- Plan maternity leave
- Create baby registry
- Announce pregnancy

