

Ultimate Prenatal Care Checklist

Month 1 (Weeks 1–4) – 0% to 10%

- ☐ Confirm pregnancy with a home test or doctor visit
 - ☐ Begin taking prenatal vitamins with folic acid
 - ☐ Review your health insurance coverage for prenatal care
 - ☐ Research and shortlist OB-GYNs, midwives, or birthing centers
 - ☐ Avoid alcohol, smoking, and high-risk foods
 - ☐ Start tracking your pregnancy with the Cubtale app
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Month 2 (Weeks 5–8) – 10% to 20%

- ☐ Schedule your first prenatal appointment (6–8 weeks)
- ☐ Start tracking weight and symptoms in the Cubtale app
- ☐ Eat small, frequent meals to ease nausea
- ☐ Discuss any medications with your healthcare provider
- ☐ Decide on early genetic testing (NIPT, carrier screening)



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Month 3 (Weeks 9–12) – 20% to 30%

- ☐ Attend your first prenatal appointment
 - ☐ Check for dating ultrasound or early screenings
 - ☐ Visit the dentist for a pregnancy-safe cleaning
 - ☐ Begin light exercise like walking or prenatal yoga
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Month 4 (Weeks 13–16) – 30% to 40%

- ☐ Schedule second-trimester screenings
- ☐ Maintain a balanced diet rich in calcium and iron
- ☐ Discuss maternity clothing options
- ☐ Join a pregnancy support group like Cubtale's community
- ☐ Monitor mood and emotional wellbeing



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Month 5 (Weeks 17–20) – 40% to 50%

- ☐ Anatomy scan ultrasound (around 20 weeks)
 - ☐ Create your baby registry
 - ☐ Track baby movements and weight in the Cubtale app
 - ☐ Discuss parental leave plans
 - ☐ Consider childbirth education classes
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Month 6 (Weeks 21–24) – 50% to 60%

- ☐ Share your baby registry with friends and family
- ☐ Start preparing the baby's room
- ☐ Test for gestational diabetes (24–28 weeks)
- ☐ Start working on your birth plan
- ☐ Monitor baby kicks daily using the Cubtale app
- ☐ Keep moving with prenatal-safe exercises



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Month 7 (Weeks 25–28) – 60% to 70%

- ☐ Get Tdap and flu shots if recommended
 - ☐ Start tracking baby kicks daily with Cubtale app
 - ☐ Start preparing nursery or baby gear
 - ☐ Research cord blood banking or donation options
 - ☐ Take maternity photos or begin memory journaling with Cubtale app
 - ☐ Practice relaxation or mindfulness techniques
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Month 8 (Weeks 29–32) – 70% to 80%

- ☐ Attend biweekly prenatal visits
- ☐ Finalize birth plan with your provider
- ☐ Pack your hospital bag
- ☐ Set up the baby's room and organize essentials
- ☐ Schedule a hospital or birthing center tour



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Month 9 (Weeks 33–36) – 80% to 90%

- ☐ Begin weekly prenatal visits
 - ☐ Choose your baby's pediatrician
 - ☐ Review hospital route and logistics
 - ☐ Wash baby clothes and prep diaper bag
 - ☐ Set up postpartum care supplies at home
 - ☐ Review newborn care tips in the Cubtale app
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Month 10 (Weeks 37–40) – 90% to 100%

- ☐ Watch for early labor signs
- ☐ Confirm hospital bag and paperwork
- ☐ Finalize your feeding plan (breastfeeding, formula, or both)
- ☐ Arrange help for postpartum period (meals, visitors, support)
- ☐ Rest, hydrate, and stay calm—baby is almost here!

