

The Ultimate Pregnancy Checklist

Month 1 (Weeks 1–4)

- 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

Month 3 (Weeks 9–12)

- 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

Month 5 (Weeks 17–20)

- 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

Month 7 (Weeks 25–28)

- 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

Month 9 (Weeks 33–36)

- 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

Month 2 (Weeks 5–8)

- 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)

Month 4 (Weeks 13–16)

- 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

Month 6 (Weeks 21–24)

- 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

Month 8 (Weeks 29–32)

- 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

Month 10 (Weeks 37–40)

- 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!

