

**Preconception Through 3rd Trimester Check-List:
Essential To- Do's for Your Best Pregnancy**

- Find an OB/GYN or Midwife
 - Name(s): _____
- Get an updated wellness exam + interview for prenatal care
- Assess your Diet & Lifestyle
 - Diet _____
 - Sleep Quality/Quantity? _____
 - Movement Quality/Quantity ? _____
 - Current stress level? _____
- Assemble your holistic health care team
 - Chiropractor: _____
 - Acupuncturist: _____
 - Other: _____
 - Other: _____
- Begin a prenatal vitamin
- Create space in your life for baby, assess your:
 - Health Care Coverage
 - Company Maternity Leave Policies
 - Personal goals
 - Finances
 - Relationship
 - Beliefs surrounding pregnancy/birth/parenthood

First trimester

- Choose a support system (family/friends/therapist)
- Invest in a few pregnancy books
 - _____

Find a prenatal chiropractor: _____

Second Trimester

Invest in a few comfortable maternity pieces

Hire a doula... Doulas to interview:

Find a prenatal exercise routine

Incorporate Red Raspberry Leaf Tea

Research childbirth classes

Third Trimester

Register for a childbirth class: _____

Begin hip-opening stretches

Write out your intentions & preferences for your birth

Register for a breastfeeding class

Interview Pediatricians: _____

Prep your birth space or pack your hospital bag

Cheers to a healthy & empowered journey to motherhood!

QUESTIONS? contact me at hello@drlaurencollins.com

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www.drlaurencollins.com/resources

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