

FIRST TRIMESTER CHECKLIST

Birth Class
Seattle



THE FIRST TRIMESTER

- Choose your doctor or midwife
- Decide where you would like to give birth. The biggest predictor of how well your birth will go is the location you choose to give birth in.
- Stock up on morning sickness remedies such as preggie pops, crackers, ginger tablets, gatorade etc
- If you'll be going back to work after the baby is born, research childcare facilities and get on their waiting lists.
- Sign up for a birth class. Some book up fast so getting your name down early is helpful. Aim to be finished with your class no later than 38 weeks. Read about our classes at birthclasssseattle.com
- Start researching pregnancy and baby books. Check out our recommended reading list [her](#)
- Buy a pregnancy pillow for sleeping with. You won't need it yet but will thank yourself that you bought it when the time comes
- Sign up for our weekly Tea & Birthy Stuff with Emma" emails for handy tips and tricks delivered to your inbox
- Start taking a good quality prenatal vitamin
- Start a baby name list. Check out our IG for some ideas