

# SECOND TRIMESTER CHECKLIST

Birth Class  
Seattle



## THE SECOND TRIMESTER

- Order a crib and stroller. These often take time to arrive, so ordering them early ensures you'll have them by the time you need them.
- Think about what baby will sleep in for the first few weeks. Will they be in a bassinet / a co-sleeper / your bed / their crib? Order what you'll need
- Make a baby shower registry.
- Get a prenatal massage. You're probably starting to feel the aches and pains of pregnancy - your lower back, achy hips, round ligament pain. A massage can make all the difference.
- Sign up for a birth class if you haven't already. You can read about ours at [www.birthclassseattle.com](http://www.birthclassseattle.com).
- Invest in some maternity clothes
- Decide who will support you at your birth. If it's a doula, go ahead and interview a few. Good doulas book up early so starting now will give you the most choice. Check out our blog post on interviewing doulas for more information.
- If you plan to have maternity or birth photographs taken, schedule those now.
- Moisturize your belly! The skin on your growing belly can start to feel dry and itchy. Moisturizing it will reduce the itchiness and help to prevent stretch marks. (If you get persistent itchiness, please check in with your medical provider).
- Make plans with your work for parental leave. Research what benefits you and your partner may be entitled to
- Visit your dentist. Pregnancy takes its toll on your oral health so getting checked out in pregnancy is important
- If you haven't already, start talking and singing to your baby. From 23 weeks, they can hear you, so it's the perfect time to start bonding. This is something your partner can enjoy doing too.
- Start some form of prenatal exercise. This could be walking, swimming, prenatal yoga etc. Keeping as active as you can, will help stave off those pregnancy aches and pains.