

CHECKLIST

A thoughtful guide to pregnancy, birth, and your journey into parenthood.

Explore at your own pace, save important dates, and add little notes along the way. Find trusted guidance, personalized and nurturing care, education, and community designed to support you through every stage.

Compassionate care. Expert guidance. A trusted village.

Name: _____ Due Date: ____ / ____ / ____

First Trimester WEEKS 1-13

- ☐ Meet your village: get to know Motherhood Center & our team
- ☐ Discover your estimated due date with our online calculator
- ☐ Schedule a Maternity Consultation
- ☐ Add Motherhood Center services & packages to your registry
- ☐ Attend Baby Bump Social

I attended on _____

Second Trimester WEEKS 14-27

- ☐ Begin prenatal massages (after 12 weeks)
- ☐ Join Prenatal Yoga, Fitness & Pilates Classes
- ☐ Complete the Birth Plan Builder & Baby Registry on our website
- ☐ Attend Prepared or Natural Childbirth Class

I attended _____ *on* ____ / ____ / ____

- ☐ Book a consultation for Labor Doula Services
- ☐ Book a consultation for Newborn Care / Doula Services

My Doula / Support team _____

Third Trimester WEEKS 28-40+

- ☐ Attend Newborn Care Class
- ☐ Attend Breastfeeding Class
- ☐ Schedule Labor Rehearsal Class
- ☐ Take a Family & Friends CPR Class
- ☐ Invite grandparents to Grandparent Refresher Class
- ☐ Schedule a Labor Preparation Massage (38+ weeks)
- ☐ Schedule Induction Massage (39+ weeks)
- ☐ Celebrate you with a push present or special gift

Birth & Postpartum

HELLO, BABY!

Ongoing Support

FIND YOUR VILLAGE

- ☐ Schedule Lactation Support
- ☐ Book Postnatal & In-Home Massages
- ☐ Schedule a private Infant Massage Class
- ☐ Rent Breast Pump & Baby scale
- ☐ Join Motherhood Meetup
- ☐ Join New Dad's Meetup
- ☐ Attend Mom & Baby Yoga
- ☐ Enjoy Newborn Care & Postpartum Doula Support
- ☐ Learn about Nanny & Family Assistant Placement
- ☐ Explore Babysitting Support
- ☐ Book a massage: Swedish, Hot Stone, Deep Tissue, & More
- ☐ Find helpful tips & resources on our blog
- ☐ Stay connected with Motherhood Center



The Moments Along The Way.

My favorite class / event was _____

A moment I want to remember _____

People & providers I connected with _____
