Preparing for the big moment

Pregnancy Checklist

Now that you’re expecting, you may be wondering what to do next and when. We’ve put together the following information that will help guide you in checking off items from your “to do” list to get ready for when the big moment comes!

First trimester

☐ Register for all childbirth education classes during your first trimester – especially Great Expectations or Stork Affair. Refer to the MercyOne Birthing Class schedule section located at the front of this folder.

Second trimester

☐ Take a virtual tour of MercyOne’s birthing facilities. Visit MercyOne.org/desmoinesbaby.

☐ If you are employed, check with your employer about maternity, paternity and family leave benefits.

☐ If you are planning to return to work or school after your baby arrives, begin to think about childcare plans.

☐ If you haven’t done so already, start thinking about possible names for your baby or babies.

☐ Register online at MercyOne.org/babyevents for Baby Basics to learn more about bathing and swaddling.

☐ Register online at MercyOne.org/babyevents for Breastfeeding Essentials to learn more about breastfeeding your baby.

☐ Choose a doctor for your baby. MercyOne offers pediatric services throughout the metro. Visit MercyOne.org/desmoines to learn more.

Third trimester

☐ Install your baby’s car seat. Please refer to the manufacturer’s recommendations for the car seat. Additional information regarding an appropriate installation can be found in the owner’s manual of your vehicle, in the child restraint section. If you have concerns about your baby’s car seat, you should consult a certified car seat technician. Please refer to the car seat manufacturer’s recommendation regarding when to replace the seat.

☐ Pack your “go-bag” for when you go into labor. Refer to the packing list on page 20 for details.

☐ Prepare siblings for the birth of the new baby and make arrangements for care of your child(ren) for when you are in the hospital. Register online at MercyOne.org/babyevents for Sibling Class for your children.

☐ Make arrangements for pet care while you are in the hospital.

☐ If you plan to breastfeed, check on insurance coverage for a breast pump.

☐ Get things ready for when you return home – like fixing and freezing meals, purchasing a package of maxi-pads, and making sure you have diapers, clothing and blankets for your baby.

After you return home

☐ Be sure to add your baby to your insurance policy. Most policies require this to be done within 30 days.

☐ Consider attending Mommy & Me or request outpatient lactation appointment for breastfeeding assistance.

☐ Come back and share your experience in Boot Camp for New Dads or Postpartum Adjustments classes.