

Tri-County Head Start/Early Head Start

Prenatal Checklist

Name: _____ Entry Date: _____

Expected due date: _____

1st Trimester

- _____ Changes during pregnancy and how to cope
- _____ Importance of prenatal care
- _____ What to expect at prenatal visits
- _____ Toxic substances (tobacco/drinking/drugs)
- _____ Preparing healthy foods
- _____ Fetal development
- _____ Common discomforts of early pregnancy
- _____ Importance of fluid intake
- _____ Managing stress/maternal depression

2nd Trimester

- _____ Nourishing the mind & body
- _____ Benefits of childbirth classes
- _____ Fetal movements and development
- _____ Fetal heart sounds
- _____ Discomforts of pregnancy (backaches, fatigue, appetite changes, heartburn, constipation)
- _____ Oral/Dental health
- _____ Reading to baby/music for baby
- _____ Benefits of breastfeeding
- _____ Benefits of learning First Aid & CPR
- _____ Managing stress/maternal depression

3rd Trimester

- _____ Arranging a doctor and health coverage for baby
- _____ Fetal movement
- _____ Selecting and preparing formula
- _____ A good support system
- _____ Stages of dilation
- _____ Timing contractions
- _____ Baby's first week and what you will need
- _____ Sleeping safety/SIDs
- _____ Ways to bond with baby & why it's important
- _____ Managing stress/Postpartum depression

Please make sure that all information is covered no matter the trimester of enrollment.