

THE EXPECTING WELL COMPANY



Organized + Expecting: A Trimester Guide to Prepare for Baby

Welcome to The Expecting Well Company! We want you to feel joyful and confident on your journey to parenthood (or parenthood part 2,3....). This guide is meant to make your life simpler- not harder. If at any time you are feeling overwhelmed, then change it up and make it work for you!

PRE-CONCEPTION

- Nourish yourself: Start prenats and consider Omega-3s, guided by your OB.
- Check in: Schedule a preconception checkup.
- Simplify supplements: Review any herbs, supplements, or medications with your provider.
- Family ties: Gather family medical history — birth stories, health patterns, and anything that might guide your journey.
- Get a boost: Ask your provider about any boosters or vaccines to consider.
- Dream a little: Explore birth options — hospitals, birth centers, or home births — without pressure.
- Financial peace of mind: If self-employed, look into private disability policies.
- Find your person: Begin thinking about the right doctor or midwife for you.
- Honor the process: Consider how you'll care for your emotional health while TTC — stress management, mindfulness, or a supportive counselor.
- Flow with your cycle: If helpful, track ovulation with apps or simple tools.

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TRIMESTER 1

Building your care circle:

- Schedule your first appointment with a midwife or obstetrician.
- Begin researching birth doulas — gather names and consider initial consultations.
- Research pediatricians in your area.
- If you have a history of trauma, loss, or fertility challenges, schedule time with a perinatal therapist.
- Now is a great time to begin your education and support from The Expecting Well Company.

Work and life balance:

- Know your state laws regarding parental leave and prenatal care appointment benefits.

Preparing for the journey ahead:

- Call health insurance plan to determine deductible and co-pays.
- Consider mental health plans for seasonal changes — a 10K lux light, vitamin D, and a plan to get outside can all be beneficial during the dark and cold months.
- Start thinking about childcare options — daycares, nannies, and family support. Get on waitlists early, but don't stress — it's about having options.
- Begin open conversations with family about any childcare roles they may want to play.

Little joys and baby prep:

- Dream up a babymoon — it can be a getaway or a cozy weekend at home.
- Slowly gather maternity clothes as you need them — no rush.

Not feeling well or finding it hard to get out of bed? No worries. Focus on caring for yourself and getting plenty of sleep. There's plenty of time to tackle these things in the upcoming months when you feel more like yourself.

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TRIMESTER 2

Strengthening your care team:

- Interview and hire birth and postpartum doulas.
- Confirm your pediatrician — get clear on the process of joining their practice.

Preparing for the journey ahead:

- Confirm any childcare commitments from family members and friends. Interview nannies.
- Chat with your partner about finances — saving, spending, and planning.
- Review or create a will/life insurance policy and update retirement account beneficiaries.
- Contact your health insurance provider to see what benefits they offer. These may include baby item rentals, breast pumps, and services offered by online companies for perinatal and postpartum needs. Find out how to add your child to the policy once they arrive.

Work and life balance:

- Sketch out offboarding and onboarding plans at work — think of it as a flexible outline for now.
- Discuss your time off as a couple — how you'll blend PTO, unpaid time, or flex schedules.
- When you're ready, share the news with your employer.
- Check your HR benefits for leave, childcare discounts, or parental perks. Make sure your partner does the same.
- Collect disability/parental leave forms so they're ready when needed.

Little joys and baby prep:

- If you are having a baby shower, pick a date and make the guest list — share ideas and information with the hostess.
- Start a baby registry — think basics first: crib/bassinet, car seat, stroller, baby carrier.
- Look into maternity/birth/newborn photography options if that's something you would like to do.
- Attend a childbirth education class and begin thinking about and educating yourself on birth preferences for your labor and birth plan.
- Ease siblings into the idea of a new baby with books, chats, or small activities.
- The best time to travel for a babymoon is during the second trimester. Be aware of restrictions for cruises and international travel.

TRIMESTER 3

Strengthening your care team:

- Meet with your birth doula to plan for your labor and birth.
- Meet with your postpartum doula to outline desired support.
- Share your birth preferences/plan with any applicable providers.
- Tour the hospital, if offered.

Preparing for the journey ahead:

- Finalize your birth plan/preferences.
- Pack your travel bag if you're delivering away from home- your partner needs one, too!
- Order birthing supplies if you're planning a home birth.
- Craft a postpartum plan – who to call for help, what ideal support looks like, delegate tasks.
- Create a sleep plan for yourself and your partner – ensuring that you are adequately rested will help with postpartum healing, decrease feelings of depression and anxiety, and provide an overall sense of well-being.
- Confirm childcare plans for older children for the birth-day/hospital stay.
- Confirm pet care plans for the birth-day/hospital stay.
- Prep easy freezer meals and snacks – future you will thank you.
- Plan religious or cultural ceremonies.
- Incorporate Spinning Babies movements for optimal strength and ideal positioning. Check out <https://www.spinningbabies.com/>
- Order extra essentials: pet food, paper towels, laundry detergent, snacks, etc.
- Book appointments so that you don't have to worry about them for a while: dental, eye care, primary care appointments for older children, yearly vet visits.

Work and life balance:

- Submit required paperwork for family leave or disability pay (terms and due dates vary by state).
- Review the work offboarding and onboarding plans that you created during the 2nd trimester. Confirm details and plan for contingencies!
- Celebrate this milestone with your co-workers.

TRIMESTER 3

Little joys and baby prep:

- Baby shower time!
- Install car seats and have them checked for safety.
- Set up feeding supplies — nursing bras, pumps, bottles, formula, and anything you are choosing to use for sore nipples/breasts.
- Get baby basics ready: diapers, wipes, onesies (zipper, please!), swaddle blankets, diaper cream, and a baby (rectal) thermometer.
- Wash baby clothes and linens — the cozy, simple kind.
- Prepare the baby bag: diapers, wipes, a spare outfit, feeding supplies, pacifiers, burp cloths, and a change of clothes for you. You don't need to bring this to the hospital, but it is nice to have ready for those hazy first days at home when you have to take the baby to their first pediatrician visit (or out for newborn photos).
- Choose a baby announcement template — or skip it, and share however it feels right.
- Check with your photographer, but 35 weeks can be an ideal time for maternity photos. You are still (mostly) comfortable, round enough to show off your pregnant belly, and you still have time before the baby's arrival (or early arrival).

Wrap it up:

- Check off last-minute paperwork (like taxes, hospital forms, etc.), and then....let go of anything that can wait.
- Book hair and beauty appointments if they help you to relax and feel confident.
- Schedule and enjoy a leisurely day with your partner before the baby arrives.
- Rest, nest, and enjoy.