



Second Trimester Checklist

- ☐ Announce your pregnancy
- ☐ Wrap up your baby registry
- ☐ Buy a good pregnancy pillow
- ☐ Start shopping for maternity clothes
- ☐ Keep your bump moisturized
- ☐ Stay on top of your prenatal appointments
- ☐ Continue to eat healthy and stay hydrated
- ☐ Plan to have a gender reveal?
- ☐ Start planning the nursery
- ☐ Include your other children
- ☐ Start brainstorming baby names
- ☐ Take weekly bump pics
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