



Pregnancy Resources Guide Trimester-by-Trimester Guides

First Trimester (Weeks 1-13)

What's Happening:

- Early pregnancy symptoms and changes
- Fetal development milestones week-by-week
- When and how to tell family and friends
- Choosing a healthcare provider (OB-GYN vs. midwife)
- First prenatal appointments: what to expect
- Early pregnancy loss: statistics and support

Common Concerns:

- Morning sickness management strategies
- Extreme fatigue and how to cope
- Food aversions and safe eating guidelines
- Spotting vs. concerning bleeding
- Miscarriage fears and anxiety
- Working while exhausted

To-Do List:

- Schedule first prenatal appointment
- Start prenatal vitamins with folic acid
- Review insurance coverage for pregnancy and birth
- Avoid harmful substances (alcohol, smoking, certain medications)
- Begin tracking symptoms and questions for your provider

Second Trimester (Weeks 14-27)

What's Happening:

- The "honeymoon phase" of pregnancy
- Feeling baby's first movements (quickening)
- Anatomy scan and genetic testing options
- Gender reveal considerations
- Body changes: growing belly, skin changes, round ligament pain
- Energy typically returns

Common Concerns:

- Weight gain guidelines and healthy nutrition
- Exercise safety and recommended activities
- Sleep positions and pregnancy pillows
- Maternity clothes shopping tips
- Body image and self-acceptance
- Dental care during pregnancy

To-Do List:

- Schedule anatomy scan (usually weeks 18-22)
- Start thinking about birth preferences
- Research childbirth education classes
- Begin registry planning
- Take maternity photos if desired
- Start pelvic floor exercises

Third Trimester (Weeks 28-40+)

What's Happening:

- Final fetal development and positioning
- Braxton Hicks contractions vs. real labor
- Signs that labor is approaching
- Nesting instinct kicks in
- Physical discomforts increase
- Preparing mentally and emotionally for birth

Common Concerns:

- Heartburn, swelling, and back pain relief
- Trouble sleeping and finding comfortable positions
- Frequent bathroom trips
- Fear of labor and delivery
- When to go to the hospital
- Overdue pregnancy and induction

To-Do List:

- Finalize birth plan
- Take hospital tour
- Pack hospital bag
- Install car seat (have it inspected)

- Prepare home and nursery
- Arrange postpartum support
- Practice labor coping techniques
- Pre-register at hospital/birth center

Prenatal Health & Wellness

Nutrition During Pregnancy

- Essential nutrients: folate, iron, calcium, DHA, protein
- Safe foods vs. foods to avoid
- Managing nausea with diet
- Healthy weight gain guidelines by BMI
- Vegetarian and vegan pregnancy nutrition
- Managing gestational diabetes through diet
- Hydration importance and tips
- Pregnancy cravings and what they might mean
- Meal planning for busy pregnant people

Exercise & Movement

- Safe exercises by trimester
- Exercises to avoid during pregnancy
- Benefits of prenatal yoga
- Swimming and low-impact activities
- Strength training guidelines
- Pelvic floor exercises (Kegels and beyond)
- Warning signs to stop exercising
- Modifying your current fitness routine
- Walking programs for pregnancy

Mental Health

- Pregnancy anxiety and depression
- Coping with pregnancy after loss
- Body image challenges during pregnancy
- Mood swings and hormonal changes
- Stress management techniques
- When to seek professional help
- Partner mental health during pregnancy
- Building a support system

- Preparing for postpartum mental health

Sleep During Pregnancy

- Safe sleep positions by trimester
- Pregnancy pillow recommendations and DIY options
- Managing insomnia
- Dealing with frequent nighttime urination
- Restless leg syndrome
- Sleep apnea and snoring
- Creating a comfortable sleep environment

Medical Care & Testing

Prenatal Appointments

- What happens at each appointment
- Questions to ask your provider
- Understanding prenatal tests and screenings
- When to call your doctor between appointments
- Switching providers: when and how
- Second opinions: when to seek them

Genetic Testing & Screening

- NIPT (Non-Invasive Prenatal Testing)
- First trimester screening
- Quad screen (second trimester)
- Amniocentesis and CVS: risks and benefits
- Understanding test results
- What abnormal results mean
- Making decisions about testing

Common Pregnancy Complications

- Gestational diabetes: testing, management, outcomes
- Preeclampsia: signs, monitoring, treatment
- Placenta previa and placental issues
- Group B Strep (GBS) screening
- Rh incompatibility
- Hyperemesis gravidarum (severe morning sickness)
- Premature labor signs and prevention
- IUGR (Intrauterine Growth Restriction)

- High-risk pregnancy considerations

Medications & Supplements

- Safe over-the-counter medications
- Prescription medication safety
- Prenatal vitamin guide
- Herbal remedies: safe vs. unsafe
- Vaccines during pregnancy (flu, Tdap, COVID-19)

Birth Planning & Preparation

Birth Location Options

- Hospital birth: what to expect
- Birth center benefits and considerations
- Home birth: safety, preparation, requirements
- Touring facilities and asking questions
- Transfer plans if needed

Birth Plans & Preferences

- Creating a flexible birth plan
- Pain management options (epidural, natural methods, combination)
- Labor positions and movement
- Medical interventions: when they're necessary
- Immediate postpartum preferences
- Communicating your wishes to your care team

Childbirth Education

- Types of childbirth classes (Lamaze, Bradley, HypnoBirthing)
- Online vs. in-person classes
- Partner participation
- What you'll learn in childbirth class
- Practicing techniques at home
- Comfort measures and coping strategies

Labor & Delivery Basics

- Stages of labor explained
- Signs of labor vs. false alarms
- When to go to the hospital/birth center
- What happens upon admission
- Fetal monitoring during labor

- Labor support: doulas, partners, family
- Pushing techniques and positions
- Immediate postpartum: golden hour and skin-to-skin

Cesarean Section Information

- Planned vs. emergency C-sections
- What happens during the procedure
- Recovery expectations
- VBAC (Vaginal Birth After Cesarean) considerations
- Emotional processing after unexpected C-section

Birth Support

- Choosing a doula: benefits and finding one
- Partner's role during labor
- Support person alternatives
- Birth photography and videography
- Creating a supportive birth team

Postpartum Preparation

Physical Recovery

- What to expect in the first weeks
- Healing from vaginal birth vs. C-section
- Postpartum bleeding and when to worry
- Perineal care and pain management
- C-section incision care
- When to resume exercise and activities
- Postpartum checkup importance

Feeding Your Baby

- Breastfeeding basics and getting started
- Common breastfeeding challenges
- Lactation consultant: when to hire one
- Formula feeding without guilt
- Combination feeding approaches
- Pumping and returning to work
- Building a feeding support network

Newborn Care Basics

- What newborns need: essentials list

- Diapering 101
- Bathing a newborn
- Umbilical cord care
- Circumcision care (if applicable)
- Safe sleep guidelines
- When to call the pediatrician
- Newborn screening tests

Postpartum Mental Health

- Baby blues vs. postpartum depression
- Signs and symptoms of PPD/PPA
- Risk factors and prevention
- Treatment options and resources
- Supporting your partner's mental health
- When and how to get help

Practical Postpartum Planning

- Meal preparation and freezer meals
- Setting up a meal train
- Arranging help and support
- Household management with a newborn
- Managing visitors and boundaries
- Self-care in the fourth trimester
- Partner leave and work considerations

Baby Preparations

Nursery Setup

- Essential furniture and items
- Safe sleep environment setup
- Organization tips for small spaces
- Nursery on a budget
- Creating a functional changing station
- Lighting for nighttime care

Baby Registry Essentials

- Must-haves vs. nice-to-haves
- Items you can skip or buy secondhand
- Registry checklist by category

- Where to register and why
- Group gifts and bigger items
- When to start your registry

Baby Gear Guide

- Car seat selection and safety
- Stroller options for different lifestyles
- Baby carrier types and uses
- Bassinet vs. crib decisions
- Diaper bag essentials
- Baby monitor features to consider

Clothing & Supplies

- Newborn clothing needs (sizes and quantities)
- Seasonal considerations for baby clothes
- Diapering options: disposable, cloth, hybrid
- Bath time supplies
- Feeding supplies based on your plan

Pregnancy in Special Circumstances

High-Risk Pregnancy

- What makes a pregnancy high-risk
- Additional monitoring and testing
- Activity restrictions and bed rest
- Emotional support resources
- Working with specialists (MFM doctors)

Pregnancy After Loss

- Emotional journey and mixed feelings
- Additional monitoring options
- Anxiety management strategies
- Honoring previous loss while celebrating pregnancy
- Support groups and resources

Multiple Pregnancy (Twins, Triplets+)

- Unique considerations for multiples
- Type of multiples (identical vs. fraternal)
- Prenatal care differences
- Delivery options for multiples

- Preparing for multiple newborns

Advanced Maternal Age (35+)

- Increased testing and monitoring
- Managing associated risks
- Staying healthy throughout pregnancy
- Positive outcomes and realistic expectations

Teen Pregnancy

- Continuing education options
- Financial resources and assistance
- Emotional support for young parents
- Family communication strategies

Single Parent Pregnancy

- Building your support network
- Legal considerations
- Financial planning
- Emotional self-care
- Single parent resources

Financial & Legal Matters

Insurance & Medical Costs

- Understanding pregnancy coverage
- Deductibles, copays, and out-of-pocket maximums
- Payment plans for medical bills
- Medicaid and CHIP eligibility
- What's covered: prenatal care, birth, postpartum

Workplace Rights

- FMLA (Family and Medical Leave Act) basics
- State-specific leave laws
- Paid leave options
- Pregnancy discrimination protections
- Pumping rights at work
- When and how to tell your employer

Parental Leave Planning

- Creating a leave plan
- Short-term disability benefits

- Maximizing leave time as a couple
- Financial planning for unpaid leave
- Communicating with HR

Legal Preparations

- Birth certificate requirements
- Adding baby to insurance
- Will and guardian designation
- Life insurance considerations
- Hospital pre-registration

Partner & Family Resources

For Partners

- Supporting your pregnant partner
- Bonding with baby before birth
- Partner's role during labor
- Preparing for fatherhood/parenthood
- Managing your own feelings and fears
- Attending appointments and classes
- Postpartum partner support role

For Siblings-to-Be

- Preparing older children for a new baby
- Age-appropriate explanations of pregnancy
- Involving siblings in preparations
- Managing sibling jealousy
- Books about becoming a big sibling
- Timing announcements to children

For Grandparents

- Modern pregnancy and parenting practices
- Supporting without overstepping
- Updated safety guidelines
- How to help during and after pregnancy
- Building relationships across generations

Additional Resources

Apps & Tools

- Pregnancy tracking apps

- Contraction timers
- Baby name resources
- Due date calculators
- Kick counters
- Medication safety checkers

Books & Reading

- Evidence-based pregnancy books
- Birth stories and memoirs
- Partner guides
- Baby care preparation books
- Pregnancy journals

Online Communities

- Pregnancy forums and groups
- Due date groups (month/year specific)
- Condition-specific support groups
- Evidence-based parenting communities

Professional Resources

- Finding a doula
- Lactation consultant services
- Pelvic floor physical therapy
- Prenatal massage and chiropractors
- Mental health professionals specializing in perinatal care

Emergency Information

When to Call Your Provider

- Severe abdominal pain
- Heavy bleeding
- Signs of preeclampsia (severe headache, vision changes, upper abdominal pain)
- Decreased fetal movement
- Signs of premature labor
- Severe persistent vomiting
- High fever
- Sudden severe swelling

Emergency Contacts

- Your healthcare provider's after-hours line
- Hospital labor and delivery number
- Local emergency services (911)
- Poison control
- Mental health crisis lines

Self-Care During Pregnancy

- Managing stress and overwhelm
- Maintaining relationships and intimacy
- Pregnancy pampering ideas
- Staying connected to yourself beyond pregnancy
- Setting boundaries with others
- Celebrating your pregnancy journey
- Processing fears and expectations
- Connecting with other pregnant people
- Journaling and memory-keeping
- Taking time to rest without guilt

Remember

Every pregnancy is unique. This guide provides general information, but always consult your healthcare provider for personalized medical advice. Trust your instincts, ask questions, and don't hesitate to seek support when you need it. You're growing a human—that's incredible work.

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