



Second Trimester Checklist

This checklist is a starting point to help you navigate this exciting time. Talk with your health care provider, family, and friends to help guide and support you. Florida's **Hope Navigators** can help you find guidance and support from basic needs to education and employment.

- Continue going to prenatal appointments every few weeks and discuss any concerns you may have with your provider, family, and friends.
- Schedule the ultrasound (usually around 20 weeks, and decide if you want to find out the sex of your baby).
- Complete any additional screenings, such as glucose testing for gestational diabetes (usually around 24–28 weeks), and make sure to get regular dental cleanings, as pregnancy can increase the risk of gum disease.
- Continue to regularly take your prenatal vitamins, eat healthy foods, and practice moderate exercising, like walking and prenatal yoga. Consider pelvic floor exercises to prepare for delivery.
- Find **fun ways** to announce the gender of your baby with family and friends.
- Start your **baby name list** and begin narrowing down options!
- Begin preparing your baby registry with in-store or online registries. Get help to begin generating ideas by reading our **registry checklist**. Remember that some health insurers provide free breast pumps, and local Healthy Start Coalitions and other organizations may be able to connect you with diapers, sleep sacks, and other baby essentials, depending on your needs.
- Educate yourself about preparing for **labor and delivery, breastfeeding**, and the **urgent maternal warning signs** that can happen throughout pregnancy. Enroll in a **childbirth or baby care class** through your hospital, birthing center, County Health Department, Pregnancy Resource Center, or local Healthy Start Coalition.
- Decide if you plan to hire a doula to support you through the remainder of pregnancy and delivery, and begin developing your birth plan and exploring your desired birth setting preferences.
- Begin planning for your baby shower (usually celebrated during the third trimester).
- It's never too early to choose a **child care provider** to care for your baby when/if you go back to work based on your employer's maternity leave offering. Visit a provider's location and enroll or get on a waitlist as soon as possible.
- If you plan to take a "babymoon," plan your location and start booking your travel. Talk with your health care provider about how and when to safely travel during your pregnancy.

Learn more about additional **available resources** to help you during pregnancy.

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