First 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.

- ☐ Take a few pregnancy tests to confirm your pregnancy.
- ☐ Review your health insurance to understand what prenatal care and delivery expenses are covered. If you need extra help to navigate this process, contact **Hope Florida.**
- ☐ **Find a Health Care Provider** and schedule your first prenatal appointment (around 6-10 weeks of pregnancy). Make sure to talk to your provider about any existing health conditions you have and any medication you currently take. Ask your health care provider about getting tested for **congenital syphilis** if you believe you may have been exposed.
- ☐ Consider completing **Florida's Prenatal Screen** given to you by your provider to see if you could benefit from home visiting services to improve pregnancy and birth outcomes for you and your baby.
- ☐ Begin taking a daily prenatal vitamin.
- ☐ Immediately stop smoking, drinking alcohol, and using unprescribed drugs for the safety of you and your baby.
- ☐ Manage pregnancy symptoms like nausea by eating small and frequent meals. Take naps and get as much sleep as possible. Drink plenty of water and avoid foods like raw seafood, unpasteurized products, and deli meat. Limit caffeine. Stay active by walking and stretching, if approved by your provider.
- ☐ Schedule an ultrasound and other screenings (e.g., blood tests) with your provider.
- ☐ If employed, review your company's maternity leave policy.
- ☐ Find **fun ways** to share the exciting pregnancy news with family and friends. Consider making a **"bucket list"** of things you would like to experience and get done before baby arrives.
- ☐ Talk with your partner, family, and friends about their important role in supporting you and your baby through pregnancy, especially their role providing emotional support and being a safe space to share your concerns and needs.
- ☐ Create a budget for baby expenses and start shopping for maternity clothes.
- ☐ Begin a pregnancy journal and access a pregnancy app to track your baby's growth.
- ☐ Remember: call your health care provider if you experience any concerning symptoms. Learn about the **physical and mental health warning signs** so you can keep you and your baby safe.

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

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