

YOUR ULTIMATE PREGNANCY CHECKLIST BY TRIMESTER

Feel calm, confident, and in control every step of the way
Everything you need to feel prepared — trimester by trimester.

Free Download



www.parentinggenie.com.au

HELLO, MAMA!

LET'S GET STARTED WITH YOUR CHECKLIST

Welcome to Your Pregnancy Planning Companion

Pregnancy is exciting—but it can also feel overwhelming. This trimester-by-trimester checklist helps you stay calm, confident, and in control. Tick items off, make notes, and use this as your **go-to guide from bump to baby.**

- ✓ Use the checkboxes as a progress tracker
- 📝 Make personal notes in the space provided

💬 Get extra support via [Genie Chat](#) and the [Parenting Genie Community](#)

[Genie Chat 24/7](#)



FIRST TRIMESTER - THE FIRST STEPS

These first few weeks set the foundation for a healthy pregnancy. Let's tick off the essentials, one step at a time.

☐ BOOK YOUR FIRST PRENATAL VISIT

☐ START TAKING PRENATAL VITAMINS

☐ LEARN ABOUT EARLY PREGNANCY SYMPTOMS

☐ [USE OUR EDD CALCULATOR](#)

☐ [JOIN THE PARENTING GENIE COMMUNITY](#)

SECOND TRIMESTER (WEEKS 14-27)

This is when your energy often returns and preparations begin to take shape.

☐ SCHEDULE YOUR MID-PREGNANCY ULTRASOUND

☐ BEGIN PLANNING YOUR BABY REGISTRY

☐ [START ANTENATAL CLASSES WITH PARENTING GENIE](#)

☐ SHOP MATERNITY ESSENTIALS

☐ RESEARCH HOSPITAL AND BIRTHING OPTIONS

THIRD TRIMESTER (WEEKS 28-40)

You're in the home stretch — now it's all about readiness and rest.

☐ PACK YOUR HOSPITAL BAG

☐ CHOOSE YOUR BABY'S NAME

☐ SET UP YOUR BABY'S NURSERY

☐ FINALIZE YOUR BIRTH PLAN

☐ SCHEDULE POSTNATAL SUPPORT WITH PARENTING LIVE EXPERT

STAY SUPPORTED ALL THE WAY

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- ✓ [USE OUR FREE EDD CALCULATOR](#)
- ✓ GET 24/7 PARENTING ANSWERS WITH [GENIE CHAT](#)
- ✓ [JOIN LIVE ONLINE ANTENATAL CLASSES](#)



💬 NEED SUPPORT? VISIT WWW.PARENTINGGENIE.COM.AU

✉ OR EMAIL US: ADMIN@PARENTINGGENIE.COM.AU

💖 WE'RE HERE FOR YOU—FROM BUMP TO BABY AND BEYOND!