

Checklist for pregnancy

8-12 weeks:

- First consultation
- Folic acid and nutritional advice
- Blood tests

First trimester ultrasound scan 10-12 weeks:

- Pregnancy certificate
- Decision concerning antenatal tests

12-16 weeks:

- Inform healthcare insurer
- Arrange for maternity care
- Plan 20-week ultrasound scan/ anomaly scan (if desired)

16-20 weeks:

- Arrange for child care/ child minder (if desired)

20-24 weeks:

- Register for antenatal classes
- Discuss breastfeeding/ formula milk
- Acknowledge the baby (if necessary)
- Blood tests (if necessary)

24-32 weeks:

- Register for information evenings
- Buy items needed for childbirth and your baby
- Prepare nursery
- Apply for maternity leave
- Blood tests (if necessary)

32-36 weeks:

- Write birth plan
- Discuss childbirth and birth plan with your midwife
- Buy maternity kit
- Intake with maternity care center
- Prepare hospital bag
- Arrange for childcare for other children (if any) during childbirth

36-40 weeks:

- Enjoy maternity leave and arrange final details
- Lift bed on blocks

After the birth:

- Register your baby's birth
- Register your baby with healthcare insurer
- Arrange for registration of parental authority (if necessary)
- Heel prick and hearing screening (will be arranged automatically, following birth registration)

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