



PRENATAL PREP

Checklist

TO DO...

- ☐ Tell your primary provider
- ☐ Choose a midwife or OB for prenatal care.
- ☐ Schedule and attend regular prenatal visits.
- ☐ Eat a variety of foods and drink enough water
- ☐ Stay moving in pregnancy!
Modify activities as you need.
- ☐ Choose a support team. (Doula, friend, family)
- ☐ Create a birth/postpartum plan
- ☐ Reduce stress if possible.
- ☐ Enroll in a Childbirth Ed Class

TO RESEARCH...

- ☐ Supportive/Affirming healthcare providers
- ☐ How birth happens & Labour Stages
- ☐ Medical & Non Medical Comfort Measures
- ☐ Support Strategies for Partners