



Second trimester to-do list

- Ask your provider for a schedule of second-trimester prenatal visits and tests.
- Get ready to see or hear your baby for the first time.
- Talk to your partner about parenting.
- Make a baby budget.
- Find a prenatal exercise class.
- Start shopping for maternity clothes.
- Start moisturizing your belly.
- Narrow your baby names list.
- Decide whether you'll find out the sex of your baby.
- Consider taking a birthing class.
- Tour your hospital birth center.
- Start sleeping on your side.
- Create a baby registry.
- Think about your maternity leave.
- Consider planning a babymoon.
- Start thinking about your baby shower.
- Avoid unsafe activities.
- Write a letter to your baby.
- Dedicate time to your partner.