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## First Trimester Check List

- \_ Start thinking about what's most important to your birth experience
- \_ Search for an OBGYN or midwife that supports your childbirth preferences
- \_ Take prenatal vitamins and probiotic supplements
- \_ Schedule your first prenatal appointments
- \_ Scout around for doulas, pediatrician and childcare providers you might be interested in
- \_ Compile a baby name list
- \_ Start taking milestone photos of your belly
- \_ Take an infant CPR class
- \_ Create a nursery inspiration board on Pinterest, follow us for inspiration! [www.pinterest.com/DetroitDoulaCo](http://www.pinterest.com/DetroitDoulaCo)
- \_ Talk with your partner about parenting roles and philosophies
- \_ Think about when and how you'll share the big news with friends and family