sage & swaddle

FROM FIRST FLUTTER TO FIRST BIRTHDAY



Pregnancy Planning
Starter Kit

A calm place to start: checklists, worksheets and a simple baby budget.

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Print at home on plain paper or cardstock. Use what helps and skip what doesn't.

Sage & Swaddle offers planning and lifestyle guidance, not medical advice. Always consult a qualified healthcare professional.

Trimester by trimester, *one step at a time.*

Planning tasks to help you feel organized. Every pregnancy is different, so follow your care team's advice on timing and appointments.

ABOUT WEEKS 1–13

First trimester

Finding your footing

- [ ] Schedule your first prenatal appointment
- [ ] Choose who you'd like to tell, and when
- [ ] Start a notes page for questions between visits
- [ ] Review your health insurance and what it covers
- [ ] Look into your workplace leave policy
- [ ] Start a simple baby budget (page 4)
- [ ] Set up a calendar for appointments
- [ ] Rest when you can and keep expectations gentle

MY OWN TO-DOS

ABOUT WEEKS 14–27

Second trimester

Building your plan

- [ ] Ask your clinician about upcoming appointments and screenings
- [ ] Start your registry with essentials first
- [ ] Choose a shower theme and date with your host
- [ ] Plan the nursery around safe sleep
- [ ] Research childbirth and newborn care classes
- [ ] Begin looking at pediatricians
- [ ] Talk with your partner about roles and leave
- [ ] Choose a car seat and learn how to install it

MY OWN TO-DOS

ABOUT WEEKS 28–40

Third trimester

Getting ready

- [ ] Ask your clinician about signs of labor and when to call
- [ ] Pack your hospital or birth center bag
- [ ] Have the car seat installed and checked
- [ ] Wash a few newborn outfits and sheets
- [ ] Set up a meal schedule and household help
- [ ] Write your visitor preferences
- [ ] Plan your postpartum support and rest
- [ ] Save important numbers in one place

MY OWN TO-DOS

A gentle reminder: you don't need to finish every box. Pick one or two things each week and let the rest wait.

Questions for *your next appointment.*

DATE _____ CLINICIAN _____ WEEK _____

My questions

Write them down as they come up, so nothing is forgotten in the room.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

General prompts

Ideas to get you started. Ask what feels relevant to you.

- Is there anything I should be doing differently at this stage?
- What should I expect between now and my next visit?
- Which symptoms mean I should call you, and how do I reach you after hours?
- Are there any tests or screenings coming up? What are they for?
- Is my current activity, work or travel okay to continue?
- Can you recommend classes or resources for birth, feeding or newborn care?
- Who should I contact with questions about my mental health and mood?

What I learned

_____

_____

_____

_____

_____

_____

Next steps & next visit

_____

_____

_____

_____

_____

_____

A simple *baby budget.*

MY TOTAL BUDGET _____

ALREADY GIFTED OR BORROWED _____

LEFT TO PLAN _____

CATEGORY	EXAMPLE %*	PLANNED	GIFTED / BORROWED	SPENT
Sleep essentials Crib or bassinet, firm mattress, fitted sheets	24%			
Car seat & travel Car seat, stroller, carrier	27%			
Feeding Bottles, pump or nursing supplies, bibs	14%			
Diapering & bath Diapers, wipes, changing pad, tub	12%			
Clothing & linens Bodysuits, sleepers, swaddles, burp cloths	8%			
Reserve For surprises and later needs	15%			

*Example percentages are illustrative only, not a recommendation. Your needs and costs will vary.

MONTHLY COSTS TO PLAN FOR	PER MONTH
Diapers & wipes	
Formula or feeding supplies	
Childcare	
Clothing as baby grows	
Other	

Ideas that can help

- Borrow or buy secondhand clothes, books and storage.
- Buy safety-first items, like car seats, new or from someone whose history you know.
- Check secondhand gear for recalls at cpsc.gov/Recalls.
- Use group gifts for bigger items.
- Keep a reserve for the things you didn't know you'd need.

Notes, reminders *and support.*

My notes

Numbers to keep handy

My clinician, after-hours line, pediatrician, support people

Gentle reminders

- Your care team is the right place for health questions.
- It's okay to ask for help, early and often.
- Rest is part of the plan.
- You're doing beautifully.

IF YOU NEED SUPPORT RIGHT NOW

National Maternal Mental Health Hotline

1-833-TLC-MAMA (1-833-852-6262)

Free, confidential support before, during and after pregnancy. Call or text 24/7, in English and Spanish. If you or your baby are in immediate danger, call 911.

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