

Dear Expecting Parents,

Congratulations on your pregnancy! As you prepare for your new arrival, we have compiled a prenatal care checklist to help you stay organized and ensure your health and wellbeing. Please find the checklist below:

Prenatal Care Checklist

- Schedule your first prenatal appointment.
- Start taking prenatal vitamins with folic acid.
- Maintain a balanced diet rich in fruits and vegetables.
- Stay hydrated and drink plenty of water.
- Plan for routine prenatal checkups (every 4 weeks until 28 weeks, then every 2 weeks until 36 weeks, and weekly thereafter).
- Discuss any chronic health issues with your healthcare provider.
- Monitor your weight gain with your provider's guidance.
- Find a childbirth education class to attend.
- Consider creating a birth plan.
- Make a list of questions for your doctor regarding labor, delivery, and postpartum care.

We wish you all the best during this exciting journey!

Sincerely,
Your Healthcare Team