

First Trimester Pregnancy Checklist

- Read through the Maternity Care Guide
- Watch the GW Prenatal Guide video
- Schedule appointments
- Sign up for MyChart
- Continue (or start) prenatal vitamins
- Initial prenatal lab tests
- Screening for chromosomal abnormalities (if desired)
- Screening for genetic carrier status (if desired)
- Influenza vaccine (if appropriate)
- COVID-19 vaccine
- Sign up for Babyscripts™ (this will be done at your first appointment)
- Request medical records (if needed)
- Think about breast/chestfeeding
 - Prenatal planning for breastfeeding
 - » <https://nestcollaborative.com/prenatal-planning-for-breastfeeding/>
 - Breastfeeding benefits (on next page)

Breastfeeding Benefits

For Mom

Breastfeeding may make it easier to lose the weight you gained during pregnancy.



Women who breastfeed longer have **lower rates of type 2 diabetes and high blood pressure.**



Women who breastfeed have **lower rates of breast cancer and ovarian cancer.**



Breastfeeding triggers the release of **oxytocin** that causes the **uterus to contract** and may **decrease** the amount of **bleeding you have after giving birth.**



For Baby

Breast milk has the right amount of fat, sugar, water, protein, and minerals needed for a baby's growth and development.



Breast milk is easier to digest than formula, and breastfed babies have less gas, fewer feeding problems, and less constipation.



Breast milk contains antibodies that protect infants from certain illnesses, such as ear infections, diarrhea, respiratory illnesses, and allergies.



Breastfed infants have a **lower risk of sudden infant death syndrome (SIDS).**



If your baby is born preterm, **breast milk can help reduce the risk of many of the short-term and long-term health problems.**

