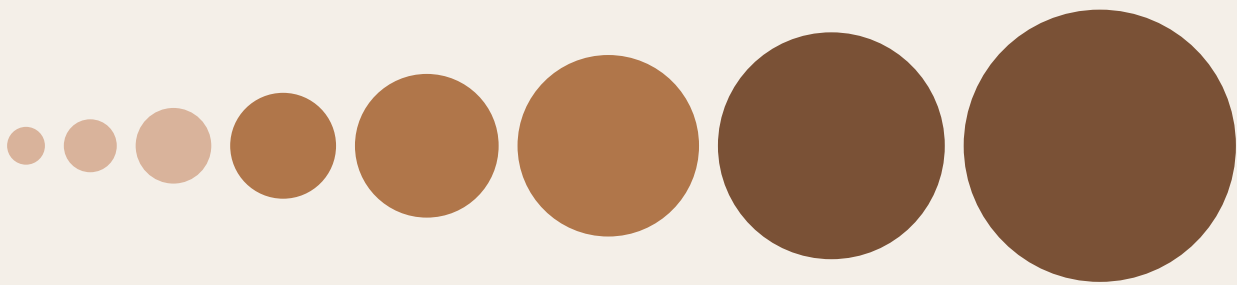


motherhood

MOTHERHOOD · FREE PRINTABLE

The pregnancy planner

Checklists, appointments, questions, birth preferences and a bump diary, all in one place.



My due date

My midwife

Maternity unit (24/7)

Where I plan to give birth

KEEP THIS HANDY

My people and numbers

Fill this in early and keep a photo of it on your phone and your birth partner's phone.

Midwife

Midwife phone

Maternity triage (24/7)

Labour ward

GP surgery

Hospital or birth centre

Hospital number

Birth partner

Back-up birth partner

Childcare for older children

Pet care

Taxi or lift to hospital

If it's an emergency, call 999. For urgent advice when you can't reach your midwife, call NHS 111.

APPOINTMENTS, SCANS AND DEADLINES

My pregnancy timeline

Write in your dates as they're booked, and tick them off as you go. Timings vary by area.

Week	What	My date	Done
4 to 6	Refer yourself to a midwife Do it as soon as you know you're pregnant, online or through your GP.		
4 to 12	Take folic acid daily 400 micrograms a day until 12 weeks, plus 10 micrograms of vitamin D throughout.		
8 to 10	Booking appointment Your first long appointment with your midwife, with blood tests and health checks.		
10 to 14	Dating scan and screening Confirms your due date and offers the combined screening test.		
16	16-week appointment Go through your screening results with your midwife.		
16 to 32	Whooping cough vaccine Offered from 16 weeks. Ideally have it by 32 weeks.		
18 to 21	Anomaly scan A detailed scan of your baby's development, between 18 and 21 weeks.		
20	Ask for your MATB1 form You need it to claim maternity pay or Maternity Allowance.		
24	Start tracking movements Get to know your baby's pattern. Call straight away if it changes.		
25	Tell your employer (deadline) By the end of week 25, give your due date and when you want leave to start.		
25	25-week appointment (first babies) Bump measurement, blood pressure and urine checks.		
28	28-week appointment Blood tests, plus anti-D if you're rhesus negative. Sleep on your side from now.		
28 to 36	RSV vaccine Offered from 28 weeks to protect your baby from RSV.		
29	Earliest maternity leave start You can start leave from 11 weeks before your due date.		
30 to 32	Antenatal classes Book early, most start around now.		
31	31-week appointment (first babies) Routine checks and a chance to ask questions.		
34	34-week appointment Talk about labour, birth and your birth preferences.		
35 to 36	Pack your hospital bag Have bags for you, baby and your birth partner ready.		
36	36-week appointment Your midwife checks your baby's position.		
37	Full term Your baby could arrive any day from now.		
38	38-week appointment Routine checks and talking about going past your due date.		
40	Due date Only about 1 in 20 babies arrive on the day.		
41	41-week appointment Membrane sweep and talking about induction.		

WEEKS 1 TO 12

First trimester checklist

- ☐ Take 400 micrograms of folic acid every day until 12 weeks
- ☐ Take 10 micrograms of vitamin D every day
- ☐ Refer yourself to a midwife (online or through your GP)
- ☐ Check medicines with a pharmacist
- ☐ Read up on foods to avoid and cut caffeine to under 200mg a day
- ☐ Stop smoking and drinking alcohol (ask about free support)
- ☐ Booking appointment by 10 weeks
- ☐ Blood tests and screening at your booking appointment
- ☐ Apply for a maternity exemption certificate (free prescriptions and dental care)
- ☐ Check if you can get Healthy Start
- ☐ Get a flu jab if it's flu season
- ☐ Dating scan between 10 and 14 weeks
- ☐ Decide on combined screening
- ☐ Start pelvic floor exercises

Notes

WEEKS 13 TO 27

Second trimester checklist

- ☐ 16-week appointment and screening results
- ☐ Whooping cough vaccine (from 16 weeks, ideally by 32)
- ☐ Book a free NHS dental check
- ☐ Anomaly scan between 18 and 21 weeks
- ☐ Get your MATB1 form from 20 weeks
- ☐ Tell your employer by the end of week 25
- ☐ Ask for a workplace risk assessment
- ☐ Book antenatal classes
- ☐ Look into childcare and waiting lists
- ☐ Get to know your baby's movements from 24 weeks
- ☐ Glucose test if you're offered one (24 to 28 weeks)
- ☐ Start a baby essentials list and budget
- ☐ Plan your maternity leave dates
- ☐ Get measured for a maternity bra

Notes

WEEKS 28 TO BIRTH

Third trimester checklist

- ☐ Go to sleep on your side from 28 weeks
- ☐ 28-week appointment, blood tests and anti-D if needed
- ☐ RSV vaccine from 28 weeks
- ☐ Track your baby's movements every day
- ☐ Start antenatal classes
- ☐ Write your birth preferences
- ☐ Fit and practise with the car seat
- ☐ Pack your hospital bag by 36 weeks
- ☐ Save your maternity unit's number in your phone
- ☐ Stock the freezer with easy meals
- ☐ Plan for pets and older children
- ☐ Read up on the signs of labour
- ☐ Wash baby clothes and set up a safe sleep space
- ☐ Ask about a membrane sweep and induction if you go over

Notes

MONEY, WORK AND ADMIN

The grown-up stuff

The forms and deadlines that are easy to miss. Check GOV.UK for the latest rules and amounts.

- ☐ Maternity exemption certificate for free prescriptions and NHS dental care (form from your midwife or GP)
- ☐ Healthy Start, if you're eligible (from 10 weeks pregnant)
- ☐ Tell your employer by the end of week 25, with your due date and leave start date
- ☐ Give your employer your MATB1 form (from 20 weeks)
- ☐ Check Statutory Maternity Pay or Maternity Allowance
- ☐ Check your partner's paternity leave and Shared Parental Leave options
- ☐ Paid time off for antenatal appointments (it's your legal right)
- ☐ Workplace risk assessment
- ☐ Plan your baby budget and big buys
- ☐ After birth: register the birth (within 42 days in England and Wales)
- ☐ After birth: claim Child Benefit
- ☐ After birth: add your baby to your GP surgery

Questions for my midwife

Ideas to get you started

- What screening tests am I being offered, and what do they involve?
- Is it safe to carry on with my exercise and work?
- What are my options for where to give birth?
- Which vaccines should I have, and when?
- What pain relief is available where I'm giving birth?
- When should I call you, and when should I call the maternity unit?

TALK IT THROUGH WITH YOUR MIDWIFE AT AROUND 34 WEEKS

My birth preferences

Keep it short and flexible. Birth doesn't always go to plan, and that's OK.

Where I'd like to give birth

- ☐ Labour ward
- ☐ Midwife-led birth centre
- ☐ Home
- ☐ Water birth if possible

Pain relief I'd like to try

- ☐ Breathing, massage and TENS
- ☐ Water or birth pool
- ☐ Gas and air
- ☐ Pethidine or diamorphine
- ☐ Epidural
- ☐ I'll decide on the day

After the birth

- ☐ Skin-to-skin straight away
- ☐ Delayed cord clamping
- ☐ Birth partner cuts the cord
- ☐ Physiological or managed third stage (ask)
- ☐ Vitamin K for baby

Who I'd like with me

- ☐ Birth partner
- ☐ Second birth partner
- ☐ Happy to have students present
- ☐ Prefer no students

During labour

- ☐ Keep moving and change positions
- ☐ Dim lights and my own music
- ☐ Monitoring that lets me move
- ☐ Talk me through every step

Feeding

- ☐ Breastfeeding
- ☐ Formula feeding
- ☐ Combination feeding
- ☐ Support with the first feed

Anything else (allergies, worries, what helps me feel calm)

PACK IT BY 36 WEEKS

Hospital bag checklist

For you

- ☐ Maternity notes and birth preferences
- ☐ Loose, comfy clothes for labour
- ☐ Dressing gown and slippers
- ☐ 2 or 3 nursing bras and breast pads
- ☐ Big, comfy knickers (lots)
- ☐ Maternity pads (2 packs)
- ☐ Toiletries, lip balm and hair ties
- ☐ Phone charger with a long cable
- ☐ Snacks and drinks with a straw
- ☐ Clothes to go home in
- ☐ Glasses, contact lenses and any medicines

For your baby

- ☐ Car seat, fitted in the car
- ☐ 3 or 4 sleepsuits and vests
- ☐ Hat, socks and scratch mitts
- ☐ Newborn nappies
- ☐ Cotton wool or water wipes
- ☐ Muslins
- ☐ Blanket for the journey home
- ☐ Going-home outfit

For your birth partner

- ☐ Snacks and drinks
- ☐ Change of clothes
- ☐ Phone, charger and headphones
- ☐ Change for parking or a parking app
- ☐ Pillow
- ☐ Toiletries

FROM 24 WEEKS

Movements and when to call

There's no set number of kicks. What matters is your baby's normal pattern. If it slows down, stops or changes, call your maternity unit straight away, day or night. Don't use a home doppler and don't wait until the next day.

Call your maternity unit straight away if you have:

- Any bleeding from your vagina
- Fluid leaking from your vagina
- Your baby's movements slowing down, stopping or changing
- Severe or constant tummy pain
- A severe headache, vision problems or sudden swelling of your face, hands or feet
- Severe itching, especially on your hands and feet
- A high temperature or feeling shivery and unwell
- Regular tightenings or contractions before 37 weeks

If you think it's an emergency, call 999.

My baby's usual pattern

When are they most active? What does it feel like? Note it here so you notice if it changes.

ONE LINE A WEEK

My bump diary

A quick note each week: how you're feeling, cravings, firsts, or anything you want to remember.

Week	Size of	Date	How I'm feeling
4	a poppy seed		
5	an apple pip		
6	a sweet pea		
7	a blueberry		
8	a raspberry		
9	a grape		
10	a strawberry		
11	a fig		
12	a plum		
13	a pea pod		
14	a lemon		
15	an apple		
16	an avocado		
17	a pear		
18	a sweet potato		
19	a mango		
20	a banana		
21	a carrot		
22	a sweetcorn cob		

Week	Size of	Date	How I'm feeling
23	a grapefruit		
24	a cantaloupe melon		
25	a cauliflower		
26	a lettuce		
27	a swede		
28	an aubergine		
29	a butternut squash		
30	a small cabbage		
31	a coconut		
32	a big bunch of bananas		
33	a pineapple		
34	a bag of potatoes		
35	a honeydew melon		
36	a big bag of apples		
37	a winter squash		
38	a pumpkin		
39	a mini watermelon		
40	a small watermelon		
41	a watermelon		
42	a big watermelon		