# **BABY BUMP** PREGNANCY PLANNER

EstimatedDueDateCalculator.com

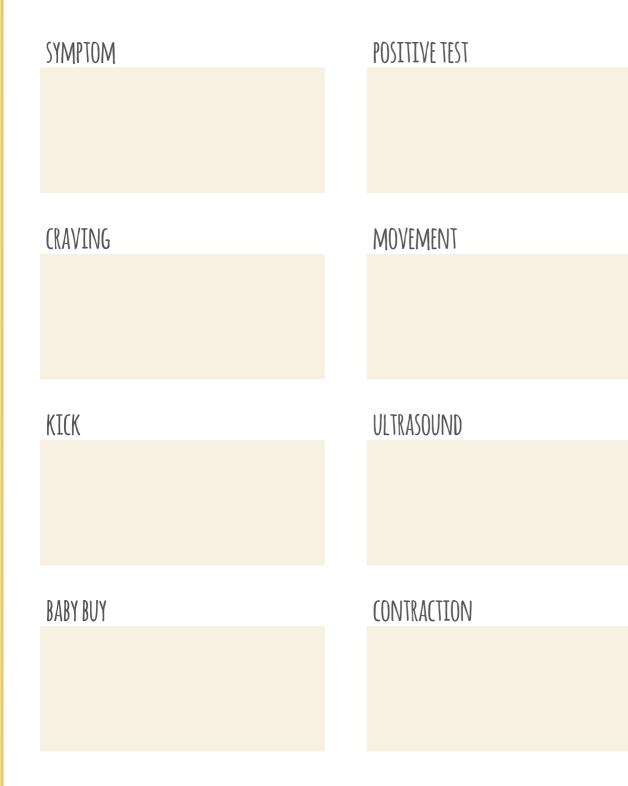
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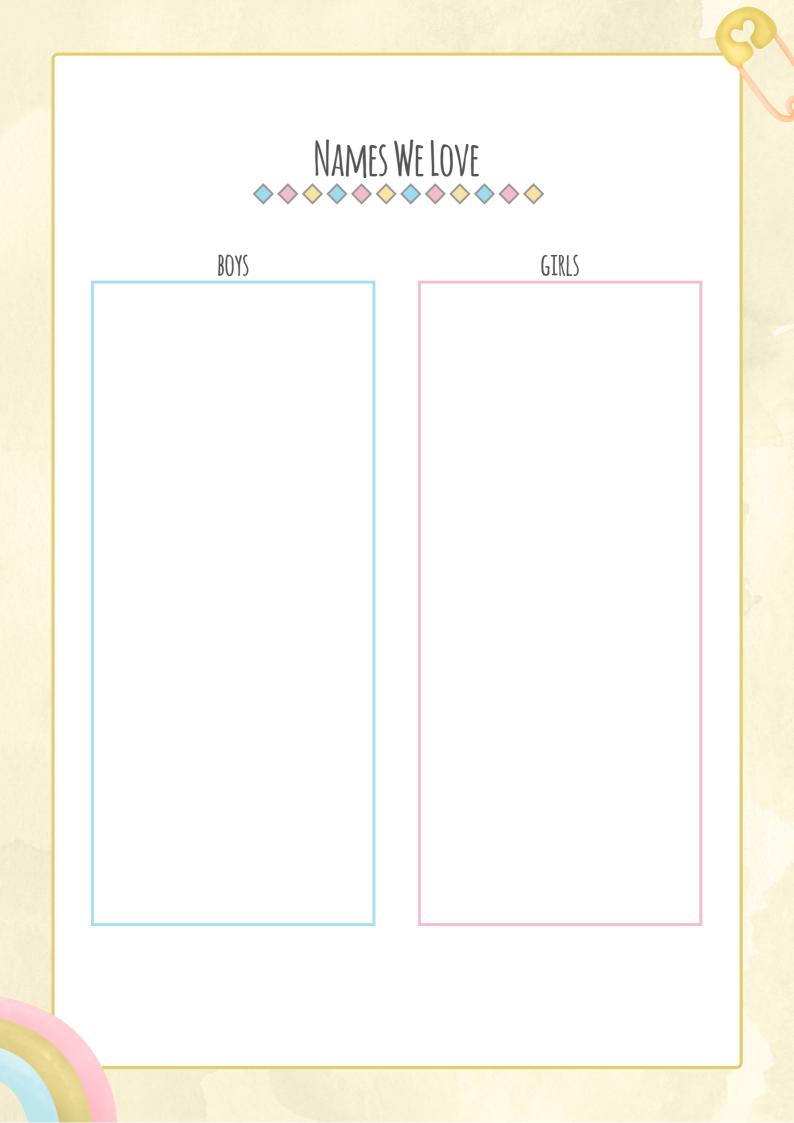


YOUR DUE DATE	BABY WAS CALLED
WHAT WAS KNOWN ABOUT THE BABY	
GIRL	JUST ONE
ВОҮ	NOT ALONE IN THERE
SURPRISE!	

PREPARATIONS FOR YOUR ARRIVAL









TELLING OUR PARENTS

TELLING OUR SIBLINGS

## TELLING OUR GRANDPARENTS

### TELLING THE REST OF THE FAMILY

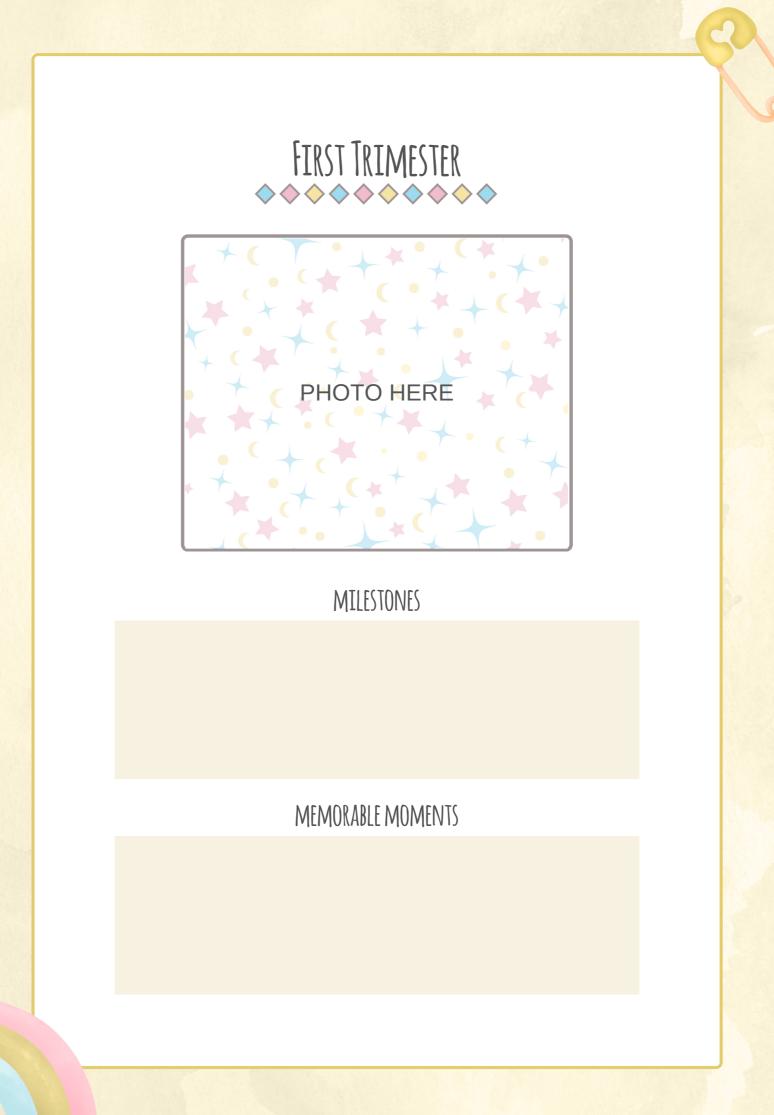
TELLING OUR FRIENDS

TELLING THE REST OF THE WORLD



## FIRST TRIMESTER CHECKLIST

Take a pregnancy test Schedule your first prenatal appointment Take prenatal vitamins Check which foods to avoid Take a look at your diet and make changes you need Learn what other tests and screening you need Drink plenty of water Break bad habits such as smoking Cut down on alcohol and caffeine Ask your doctor of what kind of exercise you can do Research and make a budget Download a pregnancy app Consider taking weekly bump pictures Get a belly balm/cream Check your health insurance policy Plan your pregnancy announcement







## BABY IS THE SIZE OF A poppy seed



#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

DATE

### CURRENT WEIGHT

#### CRAVINGS

#### DISLIKES

### WEEKLY THOUGHTS

#### APPOINTMENTS

#### Date



## BABY IS THE SIZE OF AN apple seed



#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

DATE \_\_\_\_

#### CURRENT WEIGHT

#### CRAVINGS

### DISLIKES

### WEEKLY THOUGHTS

#### APPOINTMENTS

#### Date

#### BABY IS THE SIZE OF A

#### peanut



#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date



## BABY IS THE SIZE OF A **blueberry**



#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

DATE \_\_\_\_

### CURRENT WEIGHT

#### CRAVINGS

#### DISLIKES

### WEEKLY THOUGHTS

#### APPOINTMENTS

#### Date

## BABY IS THE SIZE OF A raspberry



#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date



## BABY IS THE SIZE OF A green olive



#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

DATE \_\_\_\_

#### CURRENT WEIGHT

#### CRAVINGS

#### DISLIKES

### WEEKLY THOUGHTS

#### APPOINTMENTS

#### Date





#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date

Reason

DATE



### BABY'S AVERAGE SIZE length weight 1.6 in / 4.1 cm 0.2 oz



#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

DATE

### CURRENT WEIGHT

#### CRAVINGS

### DISLIKES

### WEEKLY THOUGHTS

#### APPOINTMENTS

#### Date \_\_\_\_\_

#### BABY IS THE SIZE OF A

#### plum



#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

#### DISLIKES

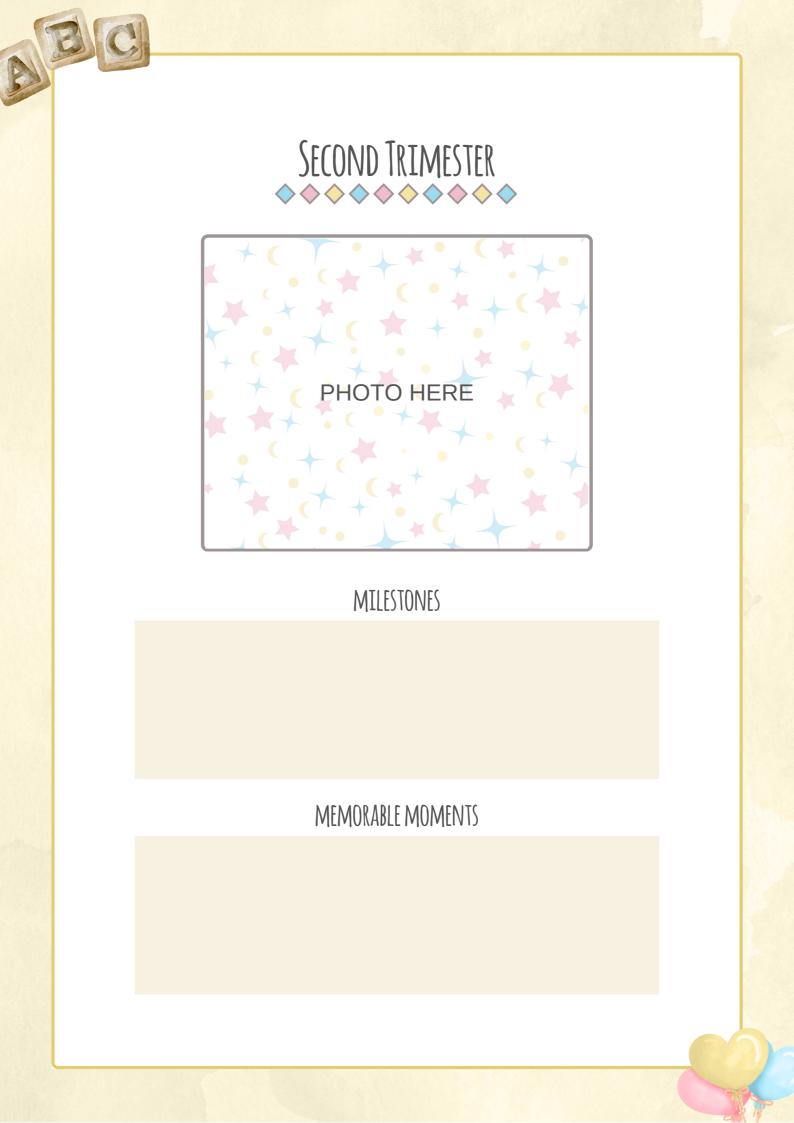
### WEEKLY THOUGHTS

#### APPOINTMENTS

#### Date

## SECOND TRIMESTER CHECKLIST

Visit your doctor Look into birth classes Do some financial planning Start your exercise routine Shop for maternity clothes Start planning your maternity leave Decide the logistics of your baby shower Create a baby registry Get started on the nursery Plan out your post-birth budget Moisturize your belly day and night Visit your dentist Get a prenatal massage Go on a baby moon Continue taking care of your baby Write a birth plan











#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date





#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date



### BABY'S AVERAGE SIZE length weight 4 in / 10.1 cm 2.5 oz



#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

DATE

### CURRENT WEIGHT

#### CRAVINGS

### DISLIKES

### WEEKLY THOUGHTS

#### APPOINTMENTS

#### Date

## BABY IS THE SIZE OF AN

#### avocado



#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date







#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

### BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date





#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date



# BABY'S AVERAGE SIZElengthweight6 in / 15.3 cm8.5 oz



#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

#### DISLIKES

### WEEKLY THOUGHTS

#### APPOINTMENTS

#### Date

## BABY IS THE SIZE OF AN **artichoke**



#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date







#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date





#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date







#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date

## BABY IS THE SIZE OF A grapefruit



#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

## BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

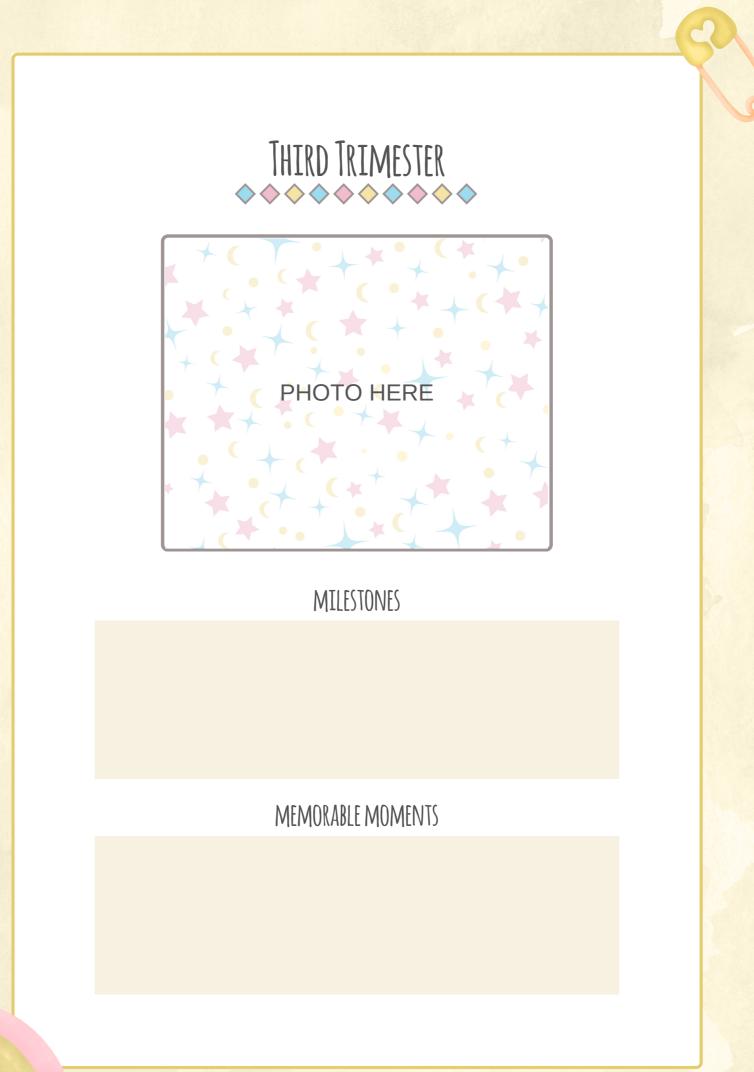
WEEKLY THOUGHTS

#### APPOINTMENTS

Date

## THIRD TRIMESTER CHECKLIST

Find a good pediatrician Visit your doctor Connect with other soon-to-be moms Ask friends and family for hand-me-downs Finish setting up the nursery Wash your baby's clothes and sheets Stock up on baby's products Pack your hospital bag Finalize the name of your baby Make plans for your other babies and pets (if you have them) Pre-register with the hospital (if possible) Know what to do when labor starts Learn the stages of labor Assemble your baby gear (cribs, strollers, bassinets, etc) Install your baby's car seat Write down your pregnancy memories













- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

#### BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date





#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

#### BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date







- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

#### BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date

#### BABY IS THE SIZE OF A cauliflower



#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

#### BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date







- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

#### BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date





#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

#### BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date







- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

#### BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date

### BABY IS THE SIZE OF A

#### squash



#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

#### BELLY MEASUREMENT

#### CURRENT WEIGHT

#### CRAVINGS

#### DISLIKES

#### WEEKLY THOUGHTS

#### APPOINTMENTS

#### Date

#### Reason

DATE







- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

#### BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date





#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

#### BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date







- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

#### BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date

#### BABY IS THE SIZE OF A honeydew melon



#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

#### BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date







- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

#### BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date





#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

#### BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date







- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

#### BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date

## BABY IS THE SIZE OF A watermelon



#### SYMPTOMS

- Nausea
- Vomiting
- Fatigue
- Headache
- Back pain
- Cramping

#### BELLY MEASUREMENT

DATE

#### CURRENT WEIGHT

#### CRAVINGS

DISLIKES

WEEKLY THOUGHTS

#### APPOINTMENTS

Date



ABC

#### WEIGHT PER WEEK

4	14	24	34	
5	15	25	35	
6	16	26	36	
7	17	27	37	
8	18	28	38	
9	19	29	39	
10	20	30	40	
11	21	31		
12	22	32		
13	23	33		

NOTES

## BLOOD PRESSURE LOG

DATE	TIME	<b>BLOOD PRESSURE</b>	PULSE	NOTES



BC

	 -	
	 -	
	 -	
	 -	
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## NURSERY TO DO LIST

BC

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## NEWBORN MUST HAVES

#### NURSERY CHECKLIST

# Crib and mattressBottlesSheetsBottle brushMattress protectorsFormula (if formula feed)Bed covers / blanketsNursing pillowClothes storageBurp cloths\_\_\_\_\_\_Nursing cover\_\_\_\_\_\_Bibs\_\_\_\_\_\_Milk storage containers\_\_\_\_\_\_\_Breast pads\_\_\_\_\_\_\_Breast pumps

#### DIAPERING CHECKLIST

- Diapers
- Changing pad
- Changing table
- Wipes
- Wash cloths
- Diaper rash cream
  - Diaper pail / trash can

#### CLOTHING CHECKLIST

FEEDING CHECKLIST

- Pajamas / onesies
- Sweater / jackets
- Newborn hats
- Socks / booties
- Mittens
- Special outfits



#### BATH TIME CHECKLIST

Baby bath seat / tub

Shampoo

Towels

Gentle soap

Wash cloths

Baby moisturizer

#### ON THE GO (HE(KLIST Car seat Stroller Baby carrier

Nursing pillow

Diaper bag

Portable changing pad

Stroller rain cover

Portable crib

Disposable diaper pail

#### HEALTH & SAFETY CHECKLIST

- First aid kit
- Bulb syringe
- Nail clippers
- Soft-bristled brush
- Wash cloths
- Diaper rash cream

#### Diaper pail / trash can

OTHERS

### HOSPITAL BAG CHECKLIST

#### IMPORTANT

Insurance information	
Birth plan	
ID / wallet	
Phone and charger	
BABY	
Dianers	

- Diapers Bottles (if using)
- Wipes

- Onesies / pajamas
- Blanket
  - Hat, mittens, booties
- **Burp cloths**
- Car seat
- Going home outfit

Nursing bras
Nursing gown / cover
Breast pads
Nursing pillow
PJs and robe
Slippers
Socks
Lose fitting shirts / dresses
Stretchy joggers / leggings
Going home top / outfit
Underwears
Adult diapers / pads
Toiletries
Hair products

MOM

#### PARTNER / SUPPORT PERSON

- Cash Snacks / drinks
- Blanket / pillow
- Changing clothes
- Phone / charger



MONDAY	FRIDAY
TUESDAY	SATURDAY
WEDNESDAY	SUNDAY
THURSDAY	NOTES
THORODAT	110120



BC

NAME	
DUE DATE	
PARTNER	
DOCTOR	
HOSPITAL	
Please note that I have	
My delivery as planned is	
l'd like	to be present <i>before</i> and/or <i>during labor.</i>
	to be present <i>before</i> and/or <i>during labor</i> .
During labor, I'd like	

## IMPORTANT CONTACTS

DOCTOR	
PHONE	
HOSPITAL / CLINIC	
EMAIL	

DOCTOR	
PHONE	
HOSPITAL / CLINIC	
EMAIL	

NAME	
PHONE	
EMAIL	

NAME	
PHONE	
EMAIL	

