

Your Pregnancy Timeline

Here are some things to consider during your pregnancy to help you prepare for the birth of your baby

0-4 weeks	5-8 weeks	13-16 weeks	25-28 weeks	37-40 weeks
<ul style="list-style-type: none"> Start/continue taking folic acid Avoid smoking, drinking and recreational drugs Research your childbirth choices: <ul style="list-style-type: none"> Public hospital care Public hospital Antenatal clinics Midwives clinics Team midwifery/midwifery group practice Gp shared care programs Early discharge Private hospital care Birth centre care Home birth care Water births 	<ul style="list-style-type: none"> You may start to feel sick for the next three weeks – this is most likely due to a rise in hormone levels; ginger is natural stomach settler; however talk to your gp if you feel overwhelmed by the feelings of nausea Make your first appointment with your doctor or midwife If you are planning to go overseas check with your doctor/midwife if you are able to have any necessary vaccinations Consider your safety at work Make a dentist appointment Book your antenatal classes 	<ul style="list-style-type: none"> Announce your pregnancy Stop taking folic acid now unless your doctor advises otherwise An amniocentesis test is usually done between weeks 15-18 Research maternity entitlements Research childcare options 	<ul style="list-style-type: none"> Begin antenatal classes Start shopping for baby equipment/supplies – it will help your budget if you spread the cost over a number of weeks 	<ul style="list-style-type: none"> If you are pregnant with a single baby you cannot travel by air after 36 weeks Keep the digital camera/ mobile phone charged at all times Discuss your birth plan with your birth partner and doctor or midwife Make a list of phone numbers for your partner – text is the easiest and quickest way to let everyone know baby has arrived Find the quickest route to hospital Have your birth partner fill in a diary of their activities for the next few weeks so you know where he or she is at all times Take time out just for you with a pregnancy massage, have your nails done, but don't put on any nail polish, and have your hair cut
	<p>9-12 weeks</p> <ul style="list-style-type: none"> Have your ultrasound Start pregnancy exercising 	<p>17-20 weeks</p> <ul style="list-style-type: none"> Start maternity clothes shopping May have another ultrasound to test for physical abnormalities <p>21-24 weeks</p> <ul style="list-style-type: none"> Start preparing the nursery Notify your employer in writing about your pregnancy 	<p>29-32 weeks</p> <ul style="list-style-type: none"> Pack your hospital bag Write your birth plan <p>33-36 weeks</p> <ul style="list-style-type: none"> If you are having more than one baby you cannot travel by plane after 32 weeks Check you have the baby basics organised Organise baby announcement stationery Buy 2 nursing bras, breast pads and sanitary pads Write your birth plan Stock up on groceries and make a few meals to freeze for when you first come home Book a nappy service if you plan to use one 	