



SECOND TRIMESTER CHECKLIST

The middle stretch of pregnancy can be busy as you plan ahead for your baby's arrival. Get organised at work and home by ticking off these admin tasks in trimester two.



Tell work you're pregnant

Letting your employer know you're pregnant entitles you to a safe work environment and time off for [midwife appointments](#).



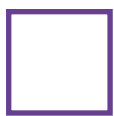
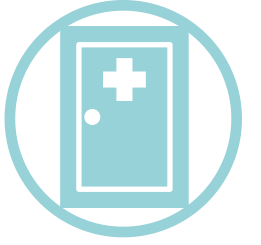
Sign up for antenatal classes

These usually start when you're about 30 weeks pregnant, but you'll need to [choose and book antenatal classes](#) in advance.



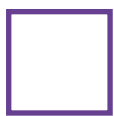
Explore your local maternity units

[Ask your midwife questions](#) and maybe even take a tour of a hospital or birth centre, to understand what it would be like to give birth there.



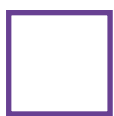
Choose a birth partner

Having support from someone during labour is really important, but your [birth partner](#) can also join you at appointments and antenatal classes, to help you prepare for the birth.



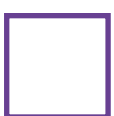
Start shopping for your baby

Plan out which [essential baby products](#) you'll need from day one - and have a read of Which? reviews before you hit the shops.



Budget for the months ahead

Now's a good time to [take a look at your finances](#), factoring in any big purchases and change in salary once the baby arrives.



Plan for maternity leave

By the end of 25 weeks, you'll need to inform your employer when you want to start your [maternity leave](#).



Book a babymoon

There are restrictions on pregnant women flying in trimester three, so if you want to fit in one last child-free holiday abroad, get packing!



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NOTES:
