

## Second Trimester Pregnancy Checklist

- Influenza Vaccine (if not already done)
  
- Build your breast/chestfeeding plan
  - Establish your goals
  - Review your lactation consultation resources
  - Look up your insurance benefits for lactation consultation
  
- Consider signing up for Childbirth and Infant Care Preparation Classes
  - [www.breastfeedingcenter.org](http://www.breastfeedingcenter.org)
    - » Sampler
    - » Breast feeding
    - » Infant and Child CPR
    - » Natural Childbirth
  - <https://www.birthingbasics.net/>
  - <https://www.mamatotovillage.org/classes.html>
  - <https://momease.com/>
  
- Start thinking about your birth preferences
  - Would you prefer an unmedicated birth or to have an epidural?
  - Would you prefer to have a doula as a support person?
  
- Think about postpartum birth control, if needed
  - If considering tubal ligation (permanent), you may need to sign paperwork
  
- Consider Cord Blood Banking or Cord Blood Donation
  - <https://www.acog.org/patient-resources/faqs/pregnancy/cord-blood-banking>
  - For donation: [www.cordforlife.org](http://www.cordforlife.org)