

# What is Bean2Baby?

These are free printable templates that you can fold, hole-punch and put into your daily planner (or staple together into a booklet). As with planning any journey into new territory, pregnancy and new parenthood can be made a little bit more manageable with some organization, information and support. As you embark, think of your Bean2Baby Guide as your customizable personal travel guide! Let's get started!

Download and print the To-do Lists and other inserts that suit your particular pregnancy journey. Use our accompanying Bean2Baby App to scan and securely store digital versions of any printed materials (sonograms, visit summaries, receipts, factsheets, etc).



## To-do Lists

Prepregnancy  
1st Trimester  
2nd Trimester  
3rd Trimester  
1st Month



## Pockets Templates

These can be folded into pockets for your planner



## Note Pages

Pages for any handwritten notes during the course of your prenatal and postnatal care.



## Special Templates

Record blood pressures, blood sugars, diet, weight and exercise, to manage common complications.



Fold on the dotted line.

## Prepregnancy To-do List

Go to [goo.gl/7dUqyA](http://goo.gl/7dUqyA) for more details and links to resources.

- ☐ **Free or reduced cost prenatal care in the US is available to those who qualify. Call 800-311-BABY (800-311-2229).** This toll-free telephone number will connect you to the Health Department in your area code.
- ☐ **Make an appointment!** Talk with your primary care doctor to discuss your plans, hopes and concerns, family health history and any medications that you currently take.
- ☐ **Do you know where do you want to give birth?** Your health insurance or life situation may allow you a choice of whether to give birth at home or in a hospital setting.
- ☐ **Don't smoke, drink alcohol or do drugs. If you are addicted,** your doctor can refer you to resources to help you quit.
- ☐ **Take a folic acid supplement daily.**
- ☐ **Stay healthy! Sign up for a prenatal class to learn more.**
  - ☐ Are you eating a well-balanced, nutritious diet and exercising regularly? Learn how.
  - ☐ Learn about the air- and food- borne industrial pollutants in your environment, such as cleaners, insecticides, paint fumes, lead and mercury, and how to avoid exposure to them.
  - ☐ To reduce risk of food- and animal- borne illnesses like salmonella, listeria and toxoplasmosis, avoid eating unwashed fruits or vegetables, uncooked meats or eggs, and do not directly contact with pet or livestock feces.
  - ☐ Reduce stress and take care of your mental health.
- ☐ **Get help for violence.**
- ☐ **If you've missed a period, take a home pregnancy test to confirm whether you are pregnant.**

Visit [goo.gl/7dUqyA](http://goo.gl/7dUqyA) for more details and resources.