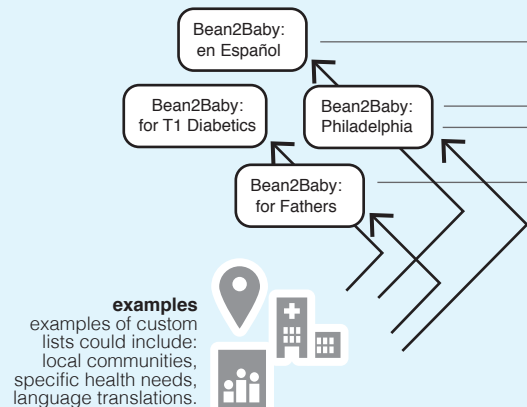


A

The Bean2Baby Guide is a collection of simple To-do Lists organized along a prenatal-through-postnatal timeline, presented on a mobile-friendly open-licensed platform. **Each task will be a concrete, specific call-to-action that links to a relevant and free resource.**

B

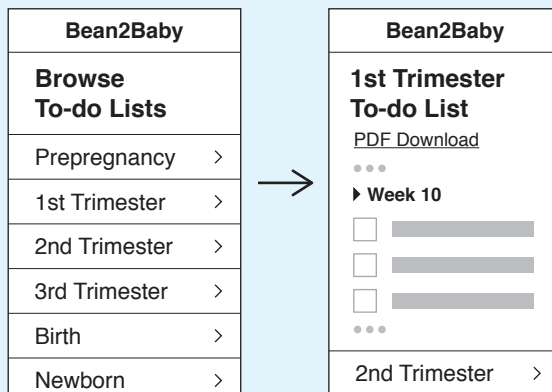
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Bean2Baby: Specialized Resources

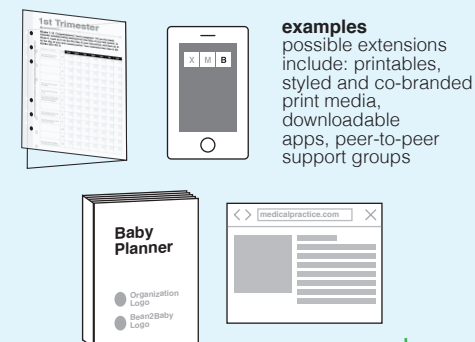
for ex. Bean2Baby: en Español, Bean2Baby: for T1 Diabetics, Bean2Baby: Philadelphia, Bean2Baby: for Fathers

Bean2Baby: Main Guide



C

Use Open Education Resource / Creative Commons copyright: Encourage organizations and technological partners to disseminate this content across different media and platforms



What should I do now?

Does my insurance cover this?

Is this safe?

Can I travel?

What about now?

Is this normal?

Researching (nutrition, exercise, healthcare, medicine, insurance and more) and retaining relevant knowledge for when it is most needed can consume a lot of mental energy throughout pregnancy and new parenthood.

what now ???

I want to have a baby.

I'm pregnant !

I'm pregnant ?!

My partner is pregnant !

examples of possible task topics

- Remembering to take your prenatal vitamin
- Accessing affordable healthcare
- Understanding your insurance
- Building healthy habits

- Maintaining healthy habits as your body grows
- Perinatal exercises
- Talk with your partner about these topics
- Recognizing depression

- Recognizing contractions
- Planning for baby
- Need to have vs. Nice to have
- Talk to your baby

- Hello, baby!
- What's normal?
- Breastfeeding IS hard, there's help
- Talk with your baby!
- Recognizing depression

1st Trimester
Weeks 0-12

2nd Trimester
Weeks 13-28

3rd Trimester
Weeks 29-40

1st Month
Weeks 0-12 Postpartum

Birth

Desired experience:
With timeline-based To-do Lists and a single, secure location to store and access health information, Bean2Baby aims to help expecting U.S. based parents mitigate the "mental load" of planning throughout pregnancy and new parenthood.