



Bump to Baby Planner

Trimester by trimester, without the panic

A gentle organiser for pregnancy: typical themes, space for your own appointments and questions worth asking.

HOW TO USE THIS PACK

- This is an organiser, not medical guidance.
- Follow the dates and advice your own maternity team gives you.
- Cross out anything that does not apply to your pregnancy.

THIS PACK BELONGS TO

Name

Date started



The Shape of a Pregnancy

Stage	Typical Themes	My Notes
First Trimester	Booking appointment; early scan if offered	
Second Trimester	Mid-pregnancy scan; telling work if/when you choose	
Third Trimester	Birth preferences; practical preparation	
Last Few Weeks	Rest; contacts; travel / car-seat practicalities	



My Appointments

Appointment	Date / time	Notes



Questions I Want to Ask

Question 1

Question 2

Question 3

Question 4