
1st Trimester



Main Topics

Congrats you are Prego!

Mama's Health

Wants vs. Needs

Mommy and Daddy in
Love

Blue, Pink, or Surprise?!

Baby Names

Doctor, Midwife, Doula?

Costs/Insurance

Family Traditions

On the Topic of Advice

Feeding Baby

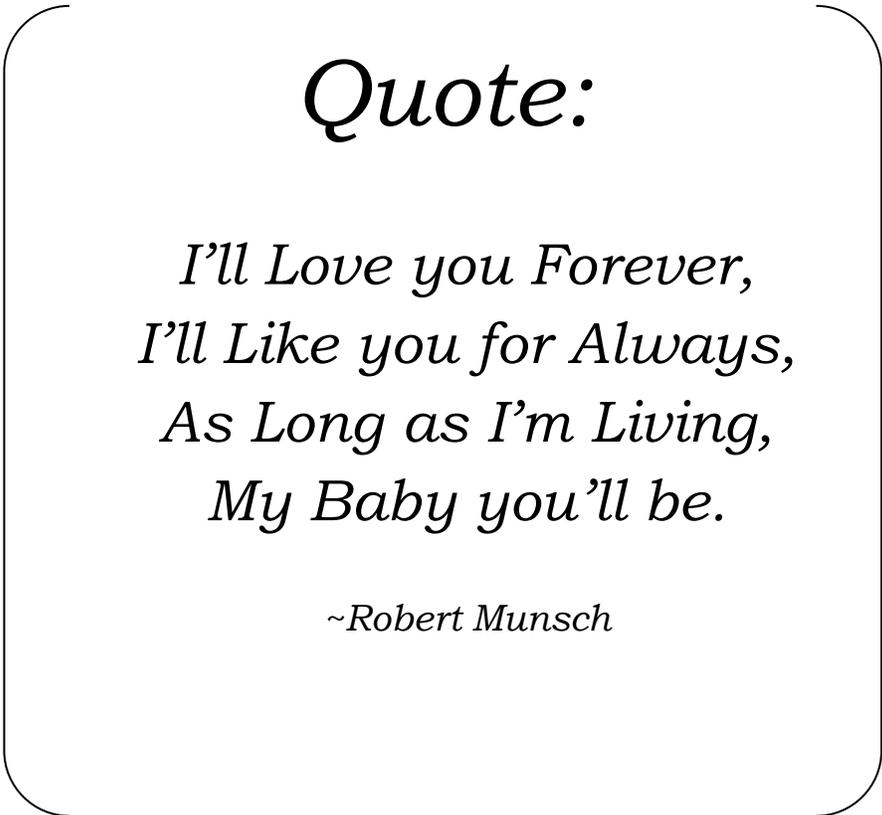
Diapers

Babymoon



Weeks ~

1 through 13



Quote:

*I'll Love you Forever,
I'll Like you for Always,
As Long as I'm Living,
My Baby you'll be.*

~Robert Munsch

Congrats you are Prego!

Week 1 of 40

Activity

Pick a special treat that both of you love to eat and cook it together! Eat it to celebrate this happy news!



Advice

Enjoy your pregnancy! You will never get the experience with this baby again!

Take pictures every week in the same pose with the same background, so you can see how you grow!

Sign up for a weekly e-mail so you can see how your baby is growing each week!



Discussion Points

- *How do you feel about being pregnant?*
- *What are you looking forward to most?*
 - *Is there anything you are worried about?*
- *When is the due date? What will be happening during that time of the year?*

Goal

Start a pregnancy journal! Take time once a week to write down some things about your pregnancy so you can remember what you experienced! Would go great with weekly pictures!

Mama's Health

Week 2 of 40

Activity

Go on a walk together! Walking is an excellent thing to do when you are pregnant! While you are on the walk, hold hands, and reminisce about your first date!



Advice

One word: Kegels! Don't know what they are? Find out!

There are lots of healthy snacks that can fulfill your salty and sweet cravings!

Did you know you only need about 300 extra calories per day while pregnant?

Every pregnancy is different, do a little research to find out about common health problems during pregnancy so you can be prepared for anything that comes your way!



Discussion Points

- *How can we improve your eating habits during pregnancy? (Doing it together will make it easier on mommy!)*
- *Are there any health issues that run in the family that have to do with pregnancy you are worried about?*
- *What kind of health care are you interested in? Midwife, Doctor, Doula? Do some research and find out what is best for you!*

Goal

Research healthy weight gain and see what is right for you. Make some goals together that have to do with maintaining a healthy weight, good nutrition, and exercising for your pregnancy. Every pregnancy is different so it might not turn out the way you plan, but at least now you have a great start in the right direction!

Wants vs. Needs

Week 3 of 40

Activity

Play a board game or card game together! Winner gets a massage from the other!



Advice

There is a huge amount of merchandise for babies out there, but how much of it does your baby really need?

Hand me downs, garage sales, and Craigslist! Ask around before buying a lot of things for baby brand new, you can save tons of money!

What your baby really needs most is your love and attention!



Discussion Points

- *What does a baby really need?*
- *Are you ok with using used baby things, like clothes, blankets, furniture?*
- *Where is all this stuff going to go?*
- *If there is one want you really want to get for baby, what would it be?*

Goal

Talk to some friends and family members who have recently had a baby and ask what they really used and what they didn't. Make a list of things you need and a list of fun things you would like to get. Set a goal together now about spending, so you can save money and worry down the road!

Mommy & Daddy in Love

Week 4 of 40

Activity

Go on a date! If this is your first child you will soon learn that after the baby comes these are few and far in-between, enjoy!



Advice

It is easy to get side tracked with a pregnancy and raising children, don't forget to focus on your relationship with your spouse. It is possibly one of the best things you can do for your child!

A marriage is not something that is made one day and will stay that way forever, it is something that needs to be fed and nourished constantly.



Discussion Points

- *What is the best way I can show my love for you?*
- *Are there any traditions we want to start now that can help our marriage continue to grow? (Reading scriptures or Ensign every night. Date night once a week, etc.)*
- *How should I let you know if I am feeling left out once the baby comes?*

Goal

Start a tradition together this week! Whether it is date night once a week, reading the scriptures as a couple every night, playing a certain game together once a week, or whatever else you can think of. Plan on keeping it up, even after the baby comes. Your relationship with each other is so important; it is something you need to work on daily!

Pink, Blue, or Surprise?!

Week 5 of 40

Activity

Pop in a movie and snuggle up on the couch! You can buy a new movie both of you have been wanting to get, or if funds are tight you can redbox or borrow one!



Advice

Some people like to know just to be prepared either way!

Some people have their photographer call the doctor and surprise them in a photo shoot so they can capture you finding out what gender the baby is!

Others say waiting until the baby is born to find out the gender is the only real surprise in life anymore!



Discussion Points

- *Do you want to find out if it is a boy or girl?*
- *Did your parents find out, or did they keep it a surprise?*
- *Boy or girl, either way it would be exciting! But are you hoping for a certain gender?*
- *If you do want to find out, how will you do the gender reveal to family and friends?*

Goal

Most people find out they are expecting between 4 - 8 weeks along, and week 5 is right in the thick of it! Congrats if you just found out! Some people like to tell family right away, and then tell everyone else around the time the first trimester is over. This week start thinking of creative ways to tell everyone you are expecting! There are tons of cute ideas online!

Baby Names!

Week 6 of 40

Activity

Go to a library together! Each of you find a children's book you loved as a child and read it to each other!



Advice

Some people say you cannot choose a name for your baby until you have met them, while others are set on family names!

Sometimes it takes couples the whole pregnancy to find a name they both love, luckily you have plenty of time!

If you want to wait to meet the baby first, maybe have a couple of names to choose from!



Discussion Points

- *Are there any boy names you love?*
- *Are there any girl names you love?*
- *Are there any family names you would like to use as a first or middle name?*
- *Do you want to pick a name early, or wait to meet baby first?*

Goal

Start a list of names you are thinking about using, both boy and girl names. Picking the name by which your child will go by for the rest of their life is a big choice! No need to make any choices right away!

Doctor, Midwife, Doula?

Week 7 of 40

Activity

Have each spouse write 7 little love notes! Over the next week hide one note a day where you know your spouse will find it! Do it for longer than a week if you find that it is something you enjoy!



Advice

Do you know what the difference is between a doctor and a midwife? Do you know what a doula is? If not do some research and find out!

There are lots of choices out there in terms of prenatal care! Make sure you chose something that is a good fit.

Don't forget to look into costs and what your insurance will pay for. Having a baby can be expensive!



Discussion Points

- *Would you prefer and Doctor or a Midwife?*
- *Are you interested in hiring a doula?*
- *Next week the main topic will be about costs and insurance. Do you know what kind of coverage you have?*

Tip: Try to find out what kind of coverage you have before next week so you can be prepared for discussion!

Goal

If you have not already, choose the kind of prenatal care you want for this pregnancy. Call and schedule your first prenatal visit!

Costs / Insurance

Week 8 of 40

Activity

Where do you want to be 5, 10, or 15 years from now? Sit down and talk about your dreams and ideas! Make some goals now to help you achieve those dreams!



Advice

Babies can be expensive! Don't be afraid to ask for help if you need it!

If you have saved up money to start a family, spend wisely!

Don't be afraid to look into temporary financial assistance from the government if it is something you really need!

If your budget is super tight, check out your local WIC program for food assistance!



Discussion Points

- *What costs does our insurance cover?*
- *Are we able to pay the rest? How do you feel about temporary assistance from the government?*
- *What is going to happen to our budget after the baby is born?*
- *Is mom going to stay home with baby, or continue to work and hire a nanny or daycare service? What are the costs of that?*

Goal

Do you have a budget now? If you do or don't check out this website to get some great financial advice, and improve your budget!

daveramsey.com

This website comes highly recommended by me!

Family Traditions

Week 9 of 40

Activity



Advice

Having family traditions is a great way to knit your family together tightly!

Traditions don't need to be expensive! It can be as simple as having a Game Night every Thursday!

Growing up my parents took a picture of our family every year since they got married! They now all hang on the "picture wall". It is fun to see how we grew over the years. And I love having my own picture wall in my home now!



Invite another couple over for treats and games! Try to find a game you can play as husband/wife teams! Ask them about any traditions they have now, or had growing up to get some more ideas!

Discussion Points

- *Did you have any family traditions growing up in your home?*
- *Are there any traditions you would like to keep from your family?*
- *Any new traditions you would like to start?*

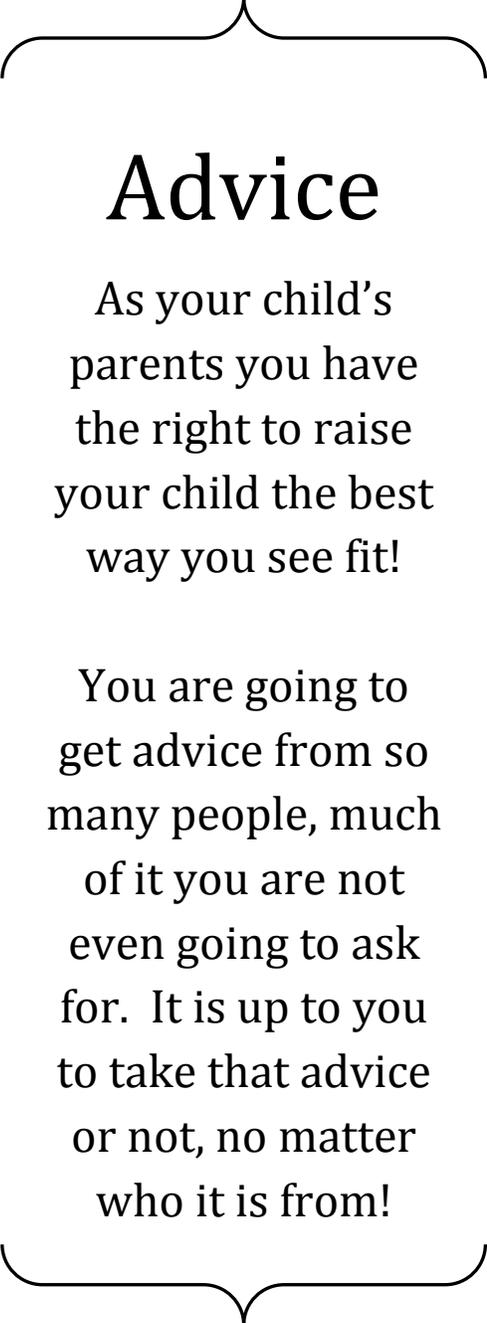
Goal

Think of some family traditions you would like to have! They don't need to be complicated or costly. Your goal for this week is to start your new family tradition!

On The Topic of Advice

Week 10 of 40

Activity



Advice

As your child's parents you have the right to raise your child the best way you see fit!

You are going to get advice from so many people, much of it you are not even going to ask for. It is up to you to take that advice or not, no matter who it is from!

Buy or borrow a big puzzle and put it together, together! You can talk or watch a movie together while you do it, it might take more than a couple hours, so you can spread it out over a couple days if you want!

Discussion Points

- *Have you received any advice that you like so far?*
- *Have you received any advice you do not want to take?*
- *What are some ways you can deal with unwanted advice and comments?*

Goal

Do you have a special place where you can write down advice or ideas about parenting that you like? It is easy to forget things. Buy a journal or a spiral notebook to write things down in, and start writing in it!

Feeding Baby

Week 11 of 40

Activity



Advice

Both parents becoming educated about breastfeeding can dramatically increase the chances that you will stick with it!

While breastfeeding is a much more frugal and healthy for your baby, sometimes it doesn't work for one reason or another. Every situation is different. Don't feel bad if it doesn't work out the way you planned.



Can you remember the first movie the two of you watched together? Watch it together again! Cook up some popcorn - if you are feeling adventurous try some new toppings on the popcorn!

Discussion Points

- *Have you decided what you want to feed your baby?*
- *Have you done any research about breastfeeding? Especially how much it changes from birth to the first couple months?*
- *What if an unforeseen situation arises in which you are not able to breast feed? Do you have a backup plan?*

Goal

Ask around, especially people you know that have had a baby in the last 6 months, about their experience with breastfeeding. Ask different people who went with different methods and what their advice would be. Remember you don't have to take all the advice you get!

Diapers

Week 12 of 40

Activity

Play Bingo together! You can go to the store ahead of time to buy some fun “prizes” for the one who wins! Play blackout bingo to make the game last a little longer!



Advice

Have you thought about what kind of diapers you want to use for your baby?

Whether you go with disposable or cloth diapers make sure you are prepared!

If you are planning on using disposable diapers, start looking for sales on diapers now and stocking up!



Discussion Points

- *What are the pros and cons of disposable diapers?*
- *What are the pros and cons of cloth diapers?*
- *What is your preference, cloth or disposable?*

Goal

Do some good research on what is involved with cloth diapers if that is what you are leaning towards. They are not for everyone. Some people prefer the convenience of disposables, while others don't mind doing the extra work that goes along with cloth diapers.

Babymoon

Week 13 of 40

Activity

Go bowling together! This would be a great activity to invite a few other couples along if you can. Afterwards invite everyone over to your home and serve a yummy dessert!



Advice

Some couples like to go on a “Babymoon” before they have their baby, especially their first.

Once the baby arrives it will be harder to find time to spend time alone together.

You can totally take a Babymoon on the cheap! Rent a hotel room from the next town over for a night, and go to a new restaurant you have never tried before.



Discussion Points

- *Would you like to go on a Babymoon?*
- *What kind of Babymoon can we afford?*
- *Where would you like to go, and what would you like to do?*

Goal

Go online right now and see how much it would cost to go on a Babymoon! Check out travel sites to see if there are any good deals out there! It might be more affordable than you think!