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## Pregnancy Checklist: A Guide to Your First 3 Months

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It's easy to feel overwhelmed by pregnancy and all the changes that will come along with it. These tips for the first trimester will help you cope with the physical and mental demands at the beginning of your pregnancy, from eating a balanced diet to exercising regularly and taking [Vegan prenatal vitamins](#). This handy checklist will guide you through your first three months and prepare you for a healthy pregnancy.

### Contact Your Provider to Schedule Your First Appointment

As soon as you find out you're pregnant, make an appointment with your OB/GYN or midwife.

Booking your first official prenatal appointment depends on where you live. The first appointment should take place between eight and 12 weeks of pregnancy. Your initial appointment is usually one of the longest. It is important for your doctor to have a clear understanding of your health, your partner's health, and the health history of both of your families. There will be plenty of questions, so be prepared!

### Take a Prenatal Supplement

Vegan prenatal vitamins can provide you and your baby with all the nutrients you need for a healthy pregnancy. These vitamins are rich in folic acid and should be taken daily as soon as possible. Folic acid protects your baby from the brain and spinal cord problems like spina bifida by strengthening the neural connections in the brain and spinal cord.

### Cut Out Alcohol and Cigarettes

During pregnancy, it is impossible to know for sure how much alcohol is safe. Due to this, experts recommend not drinking any alcohol during pregnancy. In addition, smoking during pregnancy can increase your risk of miscarriage, ectopic pregnancy, and premature birth. Smoke can also lead to low birth weight for your unborn child.

### Cut Down on Caffeine

A cup of coffee can still be enjoyed during pregnancy. It is recommended that you limit yourself to 200mg of [caffeine](#) daily, which is equivalent to one cup of brewed coffee. The risk of miscarriage increases if you consume more than 200mg of caffeine per day during pregnancy. In addition to coffee, you must include teas (including green tea), cola, energy drinks, and chocolate in the daily

limit.

## Find Out What You Should Eat and What You Should Avoid

Ensure that you and your baby get all the nutrients you need by eating a healthy, balanced diet. Educate yourself on a proper pregnancy diet and get yourself into good eating habits now. Even if you eat a healthy diet, taking vegan prenatal vitamins can fill nutritional gaps and prevent developmental abnormalities at birth. Vegan prenatal vitamins are full of important nutrients without using animal by-products.

## Get Relief From Morning Sickness

Many moms-to-be struggles with morning sickness during their first trimester. It is recommended that you eat little and often in order to ease your nausea. Find out which foods you like and which ones make you feel queasy. It may be helpful to snack on plain toast or crackers. In addition, taking vegan prenatal vitamins have been shown to combat morning sickness. Between 16 and 20 weeks, your sickness should ease. Contact your provider if you are vomiting often and unable to keep anything down. You might suffer from severe morning sickness, known as [hyperemesis gravidarum](#).

## Get as Much Rest as You Can

During your first trimester, it's common to feel tired or exhausted. Your body is becoming accustomed to rapid changes in hormone levels. Whenever you can, put your feet up and relax, although this can be hard if you're working. You should try to get to bed and get up at about the same time every day. By doing this, your body will be able to tell when it's time to sleep. When you're not sleepy, relax on the couch with a book or music. Having a little R&R will be hard to come by once your baby arrives, so take advantage of it while you can.

## Exercise

You can cope with the physical and mental demands of pregnancy by exercising regularly. As long as you feel comfortable and you've gotten the okay from your doctor, there's no reason why you can't continue your regular exercise habits while pregnant. Staying active will also help you manage your weight gain.

## Try to Relax

During the first trimester, it is very common for many women to worry about miscarriage or other pregnancy complications. Identify potential problems by understanding the signs and symptoms, but don't let your worries consume you. The best thing you can do for yourself and your baby is to stay positive. Remember, this is not a sprint. It's a marathon. Nine months is a long time, so there is no need for you to be fully prepared for baby's arrival immediately. Take time for some planning and some self-care. Don't forget to nourish your body and baby with high-quality vegan prenatal vitamins formulated to provide extra micronutrients that are in high demand during pregnancy.

*Photo by [Toa Heftiba](#) on [Unsplash](#)*

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