

First Trimester Checklist (Weeks 1-13) - Alberta

Confirm Your Pregnancy



- Visit a healthcare provider for confirmation. Meet with your Family Physician or go to a nearest Walk-in Clinic.
- Schedule your first prenatal appointment

Choose a Healthcare Provider



- Decide between a family doctor, Obstetrician, or Midwife.
- Get a referral if needed (OBs often require one.)
- Register for a midwife early if preferred (spaces fill up quickly in Alberta).

Understand Your Prenatal Care



- Learn about routine prenatal tests and screenings
- Discuss your medical history, medications, and any health conditions with your provider

Nutrition and Supplements



- Start taking prenatal vitamin with folic acid.
- Maintain a balanced diet and learn about foods to avoid. Consult with your provider

Lifestyle Adjustments



- Consult with provider about caffeine intake, smoking, alcohol and use of recreational drugs
- Avoid harmful chemicals and think about workplace hazards.

Mental and Emotional Well-being



- Be aware of mood changes and seek support if feeling overwhelmed.
- Join an online or in-person pregnancy support group.
- Practice relaxation techniques. (Yoga, deep breathing, meditation - Consult with your provider)

Exercise and Physical health



- Continue or start pregnancy-safe exercise routine - consult with your provider
- Stay hydrated and rest as needed.

Plan Your Finances & Maternity Leave



- Check your workplace maternity leave policy and Employment Insurance (EI) benefits
- Start budgeting for prenatal and baby expenses

Start thinking about Prenatal Education



- Look into prenatal classes offered in your area.
- Research resources on pregnancy, birth, and newborn care.

Watch for Pregnancy Symptoms and warning signs



- Expect nausea, fatigue, breast tenderness, and frequent urination.
- Contact your healthcare provider if you experience severe nausea, dehydration, cramping, or spotting.