

MY PREGNANCY CALENDAR

This handy pregnancy calendar gives you an easy-to-read guide on what to expect and when. Stick it to your fridge for a quick reference guide – and save dates & appointments during your pregnancy.

bounty
Giving mums more.

Third trimester
Second trimester
First trimester

FREE STUFF

Join Bounty for FREE packs full of goodies and information.

Week 4

Date: / /

Week 8

Date: / /

Week 12

Date: / /



First scan

Week 16

Date: / /

Some mums-to-be may be offered monthly antenatal appointments from here on.

Week 20

Date: / /

Your second scan! (Usually at 18-21 weeks)

Week 24

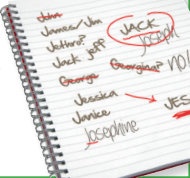
Date: / /

If you haven't already, make sure that you tell your employer you are expecting by the end of this week (15 weeks before you're due).

Week 28

Date: / /

Choosing baby names at bounty.com



Week 32

Date: / /

Week 36

Date: / /

Stock up on easy cook food and make meals for the freezer.

Week 1

Date: / /

Make a 'booking in' appointment to see your doctor or midwife.


Week 5

Date: / /

Week 9

Date: / /

Book a dental check-up and tell them you're pregnant. Don't have x-rays, but treatment is free.



Week 13

Date: / /

Go crazy & share the news! You're #havingababy

Week 17

Date: / /

Start your pelvic floor exercises.



Week 21

Date: / /

Get your MAT B1 form from your midwife. You need this to 'prove' your pregnancy (to your employer, or transport companies).

Week 25

Date: / /



Week 29


Date: / /

The earliest you can start maternity leave.

Week 33

Date: / /

Buy baby essentials: first outfit and car seat!



Week 37

Date: / /

Make the most of 'me time'.



Week 2


Date: / /

Start taking folic acid now until at least week 12.

Week 6

Date: / /

Morning sickness can appear around now. Eating little and often may ease it.



Week 10

Date: / /

Week 14

Date: / /

Start of Trimester 2.

Week 18

Date: / /

Week 22

Date: / /



Week 26

Date: / /

Week 30

Date: / /

Week 34

Date: / /

Pack your hospital bag - check out the lists in the Birth Planning section of bounty.com

Week 38

Date: / /

Week 3

Date: / /

Week 7

Date: / /

Look after your maternity notes. The Bounty Pregnancy Folder is the perfect size & has loads of info in. Ask your midwife for yours.

Week 11

Date: / /

Ask your midwife about ante-natal classes - they get booked up quickly!

Week 15

Date: / /

Find out what benefits you're entitled to at bounty.com/pregnancy

Week 19

Date: / /

You're halfway there!

Week 23

Date: / /

Week 27

Date: / /

Start of Trimester 3. You'll put on more weight this trimester, but you only need 200 extra calories a day.

Week 31

Date: / /

Start thinking about your birth plan.

Week 35

Date: / /

Enjoy a baby shower if you'd like one.

Weeks 39/40+

Date: / /



Your daily diet checklist

- ✓ Five portions of fruit or vegetables
- ✓ Three or four portions of wholemeal bread, cereals or potatoes
- ✓ Two portions of lean meat, poultry, fish, eggs or pulses, for protein. Try to eat two portions of fish a week, one of which should be oily fish such as salmon, sardines or mackerel
- ✓ One pint of semi-skimmed milk, low-fat yogurt or hard cheese
- ✓ Healthy fats from oily fish, nuts, seeds, avocado, low-fat dairy products, olive or sunflower oil. Avoid too much saturated fat
- ✓ Fibre-rich food such as fruit, vegetables, high-fibre breakfast cereals, breads, prunes or figs
- ✓ Six to eight glasses of water, low-sugar squash or fruit teas
- ✓ Limit caffeine intake to no more than 200mg per day

Diet dos and don'ts

Foods to avoid **✗** and what to replace them with **✓**

✗ Soft, mould-ripened cheeses, like Brie, unpasteurised milk, **✓** Pasteurised or UHT. All types of yoghurt.

✗ Soft, mould-ripened cheeses, like Brie, and blue-veined cheeses like Danish Blue (unless they are cooked thoroughly and piping hot throughout, not just runny). Also avoid soft unpasteurised cheeses, like sheep's and goat's cheese. **✓** Hard cheeses, like Cheddar or Edam. Soft, processed cheeses like cottage cheese, cream cheese, feta and cheese spreads.

✗ Liver and all products containing liver, like liver sausage and pâté. Also avoid vegetable pâtés. **✓** Potted meats and pastes which have been processed.

✗ Soft-boiled or raw eggs and foods which contain raw or partially cooked eggs, such as home-made mayonnaise, mousse, uncooked cheesecake and soft-whipped ice cream from kiosks. **✓** Hard-boiled eggs, shop-bought mayonnaise in jars (made with pasteurised eggs), baked cheesecake, meringue, pre-wrapped ice-cream, crème fraîche, soured cream, live and bio yoghurts and fromage frais.

✗ Raw or undercooked meat, fish or chicken. Take particular care with poultry, sausages, burgers & minced meat. **✓** Well-cooked (so they are steaming hot) chicken and fish. Check that juices run clear and no pink bits are left. Pre-packed meats like corned beef and ham. Take extra care with barbecued food.

✗ Swordfish, marlin or shark. Limit tuna to no more than four medium cans or two fresh tuna steaks per week and oily fish to no more than two portions a week. Avoid sushi unless the raw fish has been frozen first. **✓** White fish such as cod, haddock or plaice. No more than two portions of oily fish a week such as trout, salmon, mackerel, sardines, fresh tuna (not canned), and crab. Oysters, prawns and mussels, as long as they're cooked thoroughly as part of a hot meal.

✗ Foods that may not be properly heated through or cooked, such as ready meals or pre-cooked, chilled foods like chicken drumsticks and meat pies. **✓** Ready-made meals that you have re-heated until they are piping hot all the way through.

*terms and conditions apply



MY PREGNANCY APP

Download **Pregnancy by Bounty** for weekly updates, handy baby tracker tools and tips & advice. Search for **Pregnancy by Bounty** in the App Store, or Google Play. Use code #havingababy to enter our £2,000 Prize Draw!*



PREGNANCY HEALTH & WELLBEING APP

This App is full of handy tools to help you track exercise, food & drink, plus pills and morning sickness trackers. It even has a brilliant snack generator for ideas on healthy bites on-the-go! Search: **Health & Wellbeing by Bounty** today.