

# Month 5

## Pregnancy Checklist

You're halfway through pregnancy! This can be an exciting month as you may start to feel your baby's movements and will likely get to see your baby during the anatomy scan, which usually happens around week 20. Here are some things to keep in mind this month:

Schedule and complete your anatomy ultrasound (around week 20)

Begin maternity leave planning - learn more about FMLA and your employer's policies

Stay consistent with hydration and movement

Add iron-rich and magnesium-rich foods and protein to support second trimester symptoms like leg cramps and muscle tension

Begin to research childcare

Begin or add to baby registry