



PREGNANCY CHECKLIST

(Mount Alvernia Hospital)

PRE-PREGNANCY

- Download Pregnancy Checklist
- Choose your maternity health partner
- Pre-Pregnancy health screening
- Healthy lifestyle & time your ovulation

PREGNANCY (3rd Trimester)

- Book confinement nanny service & food
- Train your caregiver or helper
- Consider pain relief options for delivery
- Decide on cord blood banking

BIRTH REGISTRATION

- Register baby's birth certificate
- Apply for baby bonus
- Register for Child Development Account
- Go for baby blessings

PREGNANCY (1st Trimester)

- Book appoint with gynaecologist
- Sign up for Alvernia ladies card
- Consider prenatal testing options
- Shop for maternity clothes

- Pre-register online for hassle-free admission
- Arrange transport arrangements to hospital
- Install a baby's car seat
- Pack your admission bag 2-4 weeks early

- Get vaccination from a paediatrician
- Consider additional baby screening
- Bring your baby for a massage
- Attend a weaning class

PREGNANCY (2nd Trimester)

- Arrange regular ultrascan schedule
- Go for hospital tour
- Attend Childbirth Education Class
- Shop for baby products

POST-BIRTH

- Consult on breastfeeding and baby care
- Get help from Parentcraft homecare service
- Consider weight & exercise options
- Get mother & baby products at pharmacy

CONTACT US

- Alvernia Parentcraft Centre: 6347 6641
- Alvernia Ladies Card: 6347 6788
- Alvernia Pharmacy: 6347 6217
- Maternity Tour & Packages: 6347 6788