

GoodtoKnow

PREGNANCY milestones

**1st
trimester**

8-12 WEEKS

Due for a booking-in appointment with your midwife

12-14 WEEKS

Dating scan to estimate when your baby is due

12-14 WEEKS

Book your National Childbirth Trust (NCT) antenatal classes (0300 330 0700)

**2nd
trimester**

16 WEEKS

Antenatal blood tests and check-up carried out

18-20 WEEKS

Anomaly scan to check physical development of your baby

18-22 WEEKS

You may feel first movements

20 WEEKS

Offered whooping cough vaccine up to 32 weeks

21 WEEKS

Ask for your Mat B1 form at your check-up

24 WEEKS

Your baby is considered viable, which means it may survive outside the uterus if born early

25 WEEKS

Check-up for first-time mums; ask about NHS antenatal classes

**3rd
trimester**

28 WEEKS

Check up with midwife or doctor

29 WEEKS

Earliest date to start maternity leave

31 WEEKS

Antenatal check-up for first time mums

33 WEEKS

Tour of hospital where you'll be giving birth

34 WEEKS

Antenatal check-up; discuss birth plan with your midwife

36 WEEKS

Antenatal check-up and repeat blood tests

37 WEEKS

Prepare and pack your hospital bags

38 WEEKS

Antenatal check-up

40 WEEKS

Due date! Antenatal check-up for first time mums

41 WEEKS

Antenatal check-up

