# New Dad Checklist

By Fae Fisher

- ☐ Before the Baby is Born
  - ☐ Develop a support system of family and friends that will be able to help you through this time.
  - ☐ Make plans for child care.
  - ☐ Explore your options for medical insurance.
  - ☐ If you don't have a job, now is the time to start looking.
  - ☐ If you do have a job, hang on to it.
  - ☐ Take prenatal care classes.
  - ☐ If you smoke, now is a good time to think about quitting.
  - ☐ You may want to take a childbirth class with your partner during her pregnancy.
  - ☐ Help your partner by taking her to visit the delivery room before your child is born.
  - ☐ Start collecting things your baby needs (a crib, car seat, baby clothers etc.)
- ☐ After the Baby is Born
  - ☐ Learn how to change diapers and prevent your baby from developing diaper rash.
  - ☐ Learn how and what to feed your baby.
  - ☐ Talk to your pediatrician and read about when to introduce your baby to solid foods.
  - ☐ Talk with your pediatrician about teething and treatment for pain; Buy extra bibs and teething toys.
  - ☐ Baby-proof the house.
  - ☐ Listen to CDs, watch videos, read books and attend parenting seminars and classes
  - ☐ If you are not married to your baby?s mother, establish paternity and work out a system to pay child support on time.
  - ☐ Having an older man to support you, give you advice, listen and help you find answers to your questions.