

# New Mom Checklist

By baby checklist

- Before the Baby is Born
  - support system Develop a support system of family and friends that will be able to help you.
  - Make plans for child care.
  - Make a back-up plan for when your sitter - or your baby - is sick.
  - Explore your options for medical insurance.
  - Take prenatal care classes.
  - Be free from drug or alcohol abuse.
  - childbirth class Take a childbirth class and choose a person to be your coach during labor.
  - Visit the delivery room before your child is born.
  - Start collecting baby items.
- After the Baby is Born
  - Cutt down on activities and spending Consider cutting down on your own activities and personal spending so there is enough time and money to care for your family.
  - Learn how to change diapers 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 Talk to your pediatrician and read about when to introduce your baby to solid foods.
  - Understand what is healthy for a baby to eat and drink.
  - Baby-proof the house. As soon as baby can crawl, baby-proof the house.
  - Keep careful records of any shots your child receives.
  - Learn good parenting skills.
  - Have a friend to support you, listen and help you find answers to your questions.