

# Parenting Checklist

By Campbell Rodriguez

- Before Planning Pregnancy
  - Ensure you are healthy and mature enough to have a healthy pregnancy.
  - Ensure you are emotionally ready for a pregnancy.
  - Be prepared to give up your freedom to take on the responsibilities of parenting.
  - Make sure you have met your educational goals.
  - Ensure having a baby will fit in with your personal life goals.
  - Have a husband/wife/partner who is supportive and willing to help with the daily needs of a baby.
  - Have the financial means to provide for a family.
- When Getting a Baby
  - Ask someone close to you to help out while you rest.
  - Keep visits from relatives and friends short - unless they come to help you out.
  - Let some things go for a while - the dishes will wait!
  - Ask for help when you need it.
  - Do something you really like when your baby is sleeping.
  - Don't expect to be perfect.
  - Get out of the house and take your baby along.
  - Find another parent to talk to and do things with.
  - Follow your own feelings.
- Notes for Moms
  - Eat three meals a day.
  - Drink plenty of water, juice, and milk.
  - Do not drink things that contain caffeine if you're breastfeeding.
  - Ask for an easy exercise program.
  - Talk to your doctor about diabetes.
- Notes for Dads
  - Changing diapers and getting the baby dressed are great ways to get to know your baby.
  - A Dad's love and care make babies feel good and secure.

- By taking care of your new baby, you are teaching your children that men make good parents.
- Your partner needs your help and support - tell her she's doing a good job with the baby.
- Notes for Both Parents
  - Find some time to be alone together.
  - Share your feelings about being new parents.
  - Make a date with each other.
  - Be good to each other.