New Mom Checklist

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# Tasks:

☐ **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.**