Parenting Checklist

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# Tasks:

☐ **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.**