

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 clothes 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.