

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.