

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.