

Parenting Checklist

By Campbell Rodriguez

- 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.