

Baby Plan: Preparing for Life with Baby

Feeding

Breastfeeding _____

- Learning about breastfeeding. Mom's plan _____ Partner's plan _____
(i.e. Date of class, friends / family to ask for support from, books and other information.)
- Who to call for help with breastfeeding: _____

Bottle-Feeding _____ Plan for buying bottles: _____

- Plan for introducing a bottle: When _____ Who _____ Formula or Breastmilk
- What brand of formula: _____ Powdered, Concentrated, or Ready to Serve
- Plan for pumping breast milk: Hand express __ Manual Pump _____ Electric pump _____
- Plan for storing pumped breast milk: _____

Feeding the Parents

- Before baby is born, what food will you stock up on? List at least 15 foods that 1) you can eat with one hand while holding a baby, 2) don't need to be prepped, 3) are good hot or cold, 4) don't spoil when left out for a few hours, and 5) you like to eat. Plan on a month's supply of these things!

- After baby's born, who's responsible for grocery shopping: _____
- Who will cook dinner (on the nights when baby "allows" you to cook) _____

Hygiene

Diapers: Wash my own cloth _____ Cloth Diaper Service _____ Disposable _____ Mix _____

- Wipes: Washcloth and warm water _____ Diaper wipes _____
- Where will we change baby? _____
- Who's responsible for changing baby when we're all together? _____
- Who's responsible for getting rid of the dirty diapers and providing the clean ones? _____
(i.e. washing and putting away if you're washing your own, or putting dirties out for service to pick up on assigned day, or putting out trash and buying new disposables.)
- Who's responsible for washing (machine or hand-wash) the diaper covers when they need it? _____

Bathing: Where will we bathe baby _____ Who's responsible for baths _____

Laundry: Who's responsible for washing baby's clothes _____ putting them away _____

Sleep and Night-Time Wakeups

Where will baby sleep for the first three months? In parent's room _____ In baby's own room _____
In parent's bed _____ In co-sleeper _____ In cradle / bassinet _____ In crib _____

Some people do a mixture (e.g. putting baby down in the evening in a crib in his own room, bringing him in to parent's bed in the middle of the night). If you're planning to do a mixture, write plan here:

What steps do you need to make to have baby's sleep environment be as safe as possible?

When baby wakes up in the middle of the night, who's responsible for going to the baby first? _____

Who's responsible for feeding _____ For diaper changes _____ For calming _____
(or will you take turns throughout each night?)

Cleaning and Household Tasks (i.e. paying bills, running errands)

Which household tasks can you totally ignore / let slide for baby's first 6 weeks? _____

Of those tasks that must be done, who's responsible for what: _____

Calming Baby / Caring for Baby / Playing with Baby

These questions are about who's got primary responsibility for taking care of baby at various times of day. (Note: if baby is breastfed, mom has to do that, but partner can do the other baby care tasks.) Of course, babies have their own opinions, so sometimes they may want a different parent than is officially "on-call."

Who has primary responsibility for the baby in the morning? _____ From when to when _____

During the daytime? _____ Times _____ During the evening? _____ Times _____

Weekends? _____

For calming baby, what techniques do you plan to use?

Support and Sanity Savers

In the first 3 weeks, who can help us take care of ourselves? (Bring food, run errands, do dishes, laundry, etc.) _____

When mom needs emotional support, who can she call (name / phone #) _____

When partner needs emotional support, who can he call _____

What are your plans for taking care of some of your own individual needs _____

What are your plans for taking care of your relationship's needs? _____