

This worksheet is designed to help you think through some of the concrete details of parenting. Many of the questions below are not about things to buy, but are about things to contemplate before baby comes. We encourage you to think about each of these things and discuss them with the other adults who will be a big part of your baby's life. Some of the items below are lists of items you may want to beg or borrow or make before baby arrives. This may help you figure out your shopping list, or your wish list for a baby shower. (If there's a question mark after an item, it means it's an optional item, but one that most people want. If there are two question marks, it means it's a frill / luxury item. People like them, but they're not necessary.)

Feeding. Breast – Feeding

- Mom's plan for learning about breastfeeding. _____
- Partner's plan. _____ (i.e. date of class, people to ask advice from, books, other info.)
- Who to call for help with breastfeeding: _____
- Supplies: Nursing pads _____ Bras you can nurse in _____ Nursing pillow?? _____
- Plan for Nursing Clothes: use existing clothes, or buy specialty clothes?? _____

Bottle – Feeding

- Plan for introducing the bottle: When _____ Who _____ Formula or Breastmilk
- Plan for expressing milk: By Hand? ___ Buy Manual Pump? ___ Rent Electric? ___ Buy Electric? ___
- Breast pump brand: _____ What will you store milk in? _____
- What types of bottles are you planning to try: _____
- What bottle cleaning supplies do you need: bottle brush _____ dishwasher baskets?? _____
- What type of formula will you try first? _____

Feeding the Parents

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

- After baby's born, who's responsible for grocery shopping _____
- Who will cook dinner (on the nights when baby "allows" you to cook) _____
- Have any friends offered to bring you meals? _____

Solid Foods: Don't worry about this getting supplies for this yet... it's months away!

Hygiene. Diapers:

- Wash my own. 80 diapers ____ 6 covers ____ Bin for dirty ____ Any other supplies? _____
Do I have my plan all worked out, or do I need to look up more info?
- Cloth Diaper Service: Call to arrange service one month before due date: _____ 6 covers _____
- Disposable: Brands to try _____ Have 120 in stock before baby comes _____
- Trash Bin. _____ Diaper bag. _____ Baby nail clippers/scissors? _____
- Wipes: Washcloth and warm water? _____ Diaper wipes? _____
- Where will we change diapers _____ Do we need changing pad? _____
- Who's responsible for diaper changes when we're all together _____

Bathing:

Where will we bathe baby _____ Do we need aTub?? _____ Who's responsible for baths _____

Do we already have plenty of towels, washcloths, and a mild soap _____

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:

Where will baby nap during the daytime.

What steps do you need to make to have all the places baby sleeps be as safe as possible?

Are there any supplies we need to buy?

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

Who's responsible for night-time feeding _____ Diaper changes _____ Calming _____ (or will you take turns throughout each night?)

Clothes for Baby

Onesies (6+): _____ Sleepers (2+): _____ Socks (2+): _____ Outfits: _____ Sweater (1): _____ Jacket (1): _____

Laundry: Where does the dirty laundry go _____ Whose job is it to wash it _____

Where does the clean laundry go _____ Who puts it away _____ Stain remover? _____

Car Seat / Safety

Should buy a car seat at least one month prior to due date. _____

Practice putting car seat in car: _____ Practice putting a doll or teddy bear in car seat: _____

Do initial childproofing in house before baby is born. Dispose of any un-needed chemicals and hazardous items _____ Move necessary hazards out of baby's reach, or behind locked doors _____ Turn water heater down to 120 degrees _____ Plan ahead for what will need to happen before baby starts crawling _____

Baby's Health

Doctor chosen: _____

First Aid / CPR training _____ Resource Book _____ Health Hotlines posted on refrigerator: _____

Thermometer: _____ First Aid kit? _____ Any other supplies your dr. recommends: _____

Baby Hang-Outs and Transportation

Bouncer?? _____ Swing?? _____ Jumper?? _____ Exersaucers?? _____ Playpen?? _____

Sling or front-pack _____

Stroller _____

Toys, Fun, and Games

First, remember that for the first several months of baby's life, their favorite activity is interacting with adults, and their favorite "toys" are any everyday object that is safe for them to look at, and to hold. Read through the handout, and talk over the topic with your partner, and other significant adults in your child's life. What kinds of toys do you want, what kinds of toys don't you want? What activities are important to you to include? After your discussion, write some notes here about your thoughts.

Support and Sanity Savers

In the first 3 weeks, who can help us with taking care of ourselves? (Bringing food, running errands, doing 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? _____

Where will you meet other new parents to get support from / give support to? _____

List some experienced parents in your life that you can go to for ideas, advice, and support: _____

Phone Numbers to Call for Help:

Make up a card with several resource phone numbers of it, to post on your refrigerator, and carry in your wallet. This way you can always call for help when you need it.

- Your doctor, baby's doctor.
- Breastfeeding help lines.
- All-purpose health info lines.
- Friends or family members you can call for support.