

# Baby Plan: Preparing for Life with Baby

## Feeding

### Breastfeeding \_\_\_\_\_

- Learning about breastfeeding. Plan: \_\_\_\_\_  
(i.e. Date of class, friends / family to ask for support from, books and other information.)
- Who to call for help with breastfeeding: \_\_\_\_\_
- If challenges come up, what resources can you use to learn what will help?

### Bottle-Feeding Plan for pumping breast milk: Hand express \_\_\_ Manual Pump \_\_\_ Electric pump\_\_\_

- Plan for storing pumped breast milk: \_\_\_\_\_
- Plan for buying bottles: \_\_\_\_\_
- Plan for introducing a bottle: When \_\_\_\_\_ Who \_\_\_\_\_

## 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) \_\_\_\_\_

## Health & 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 \_\_\_\_\_

### Baby's Doctor \_\_\_\_\_ Who will schedule well baby check-ups? \_\_\_\_\_

## 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 month, 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 self-care (things that make you feel happy and whole) \_\_\_\_\_

What are your plans for keeping your relationship strong & healthy? \_\_\_\_\_