

[FATHERCRAFT'S]

PRE-BIRTH READINESS CHECKLISTS

HEY.

IF YOU'RE HERE, YOU MIGHT BE
INTERESTED IN:

OUR ONLINE COURSE FOR
EXPECTING DADS – FATHER'S ED
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OUR ONLINE COMMUNITY
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[GETTING STARTED]

What you don't need to worry about yet (and when you do)

WHAT TO DO WHILE YOUR BABY IS BUFFERING

- Spend quality time with your partner
- Buy gear for your newborn
- Life insurance
- Health insurance for baby
- Baby care plan
- Your dad education plan
- Talk to your employer
- Make a plan for big things you want to be there for—doctor's visits for one
- Have talks with your partner (see checklist to the right)

DISCUSS WITH YOUR PARTNER BEFORE THE BIRTH

- Guidelines for posting your baby AND partner on social media
- Ditto with family and friends posting
- Routines
- Roles & responsibilities
- Both of your thoughts and feelings and worries and dreams

BIG CATEGORIES TO THINK ABOUT AFTER YOUR BABY IS BORN. YOU'LL NEED TO:

- Keep him safe
- Keep him clean
- Keep him fed
- Get him to sleep
- Love and interact with him
- Take care of your partner
- Take care of yourself

ADDITIONAL TO-DOS AFTER YOUR BABY IS BORN:

- Keep communication lines open
- Put systems in place to make your life easier
- Don't forget to take pictures and document memories
- Be present & enjoy it

BABYPROOFING | 3-4 MONTHS

When your baby begins to start moving.

SOLID FOODS | 6+ MONTHS

When you get the green light from your pediatrician

FANCY TOYS | 3 MONTHS

They'll take care of themselves

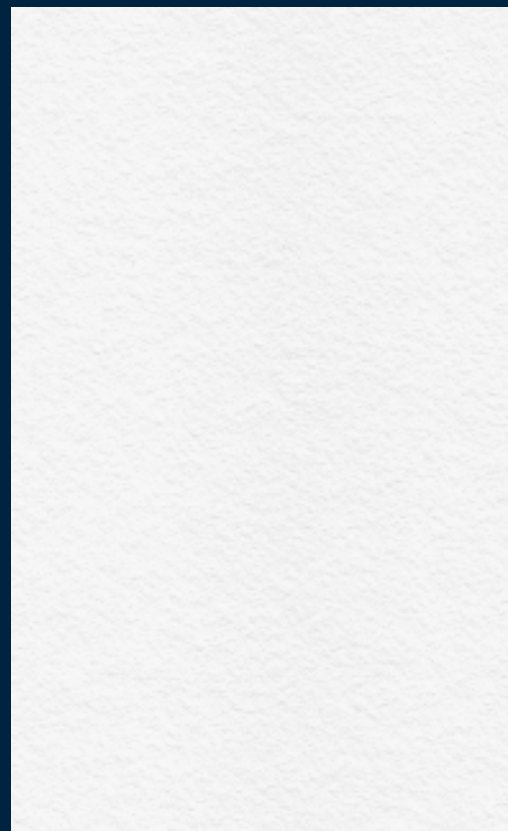


Preparing for your baby's arrival

[ACTIVITY]

Figure out the gear you need, buy the gear you need, learn how to use and practice using the gear you need

NOTES



THE BIG 4 GEAR CHECKLIST

- Car seat
- Stroller
- Crib/bassinet
- Baby monitor

SUPPORT YOUR GODDAMN PARTNER

- Educate yourself on your partner's prenatal care
- Refill prenatal vitamin supply
- Plan and cook healthy meals
- Look for daycare NOW
- Attend OB/GYN visits and PAY ATTENTION
- Talk to your employer about flexible spending accounts
- For the love of all that's holy, rub her blessed feet

[DISCUSS WITH YOUR PARTNER]

PICK A TOPIC, ASK THE QUESTION, SEE WHERE IT GOES

How will you prepare siblings, pets, grandparents for the arrival of your child?

What does each of your plans for work after the baby is born look like? (Short and long-term)

What's the birth plan?

Will you store your baby's cord blood?

If you're having a boy, will he be circumcised?

What's the plan for caregiving?

PREPARE YOUR BABY'S NURSERY

If you plan to set up your baby's nursery now*, here are some guidelines

CRIB POSITIONING

- Away from windows
- Away from air/floor vents
- Nothing hanging above crib, no cords within 3 feet
- Crib is empty unless otherwise occupied by your baby

FURNITURE

- All furniture is anchored to the wall
- Changing pad on top of furniture is secured tightly to said furniture
- A comfy chair is key

NOTES

[DISCUSS WITH YOUR PARTNER]

PICK A TOPIC, ASK THE QUESTION, SEE WHERE IT GOES

What does your partner expect from you if you're the one who will continue to work? If you both will? If you'll be staying home?

How do you feel about daycare? Will your baby go? If so, at what age?

How will your family budget change with a baby in the picture?

What does your partner need to do to feel supported during pregnancy?

What about after your baby is born? (Important caveat: if this is your first baby, she can't know all the ways she'll need support, ask this one often)

Will your partner breastfeed? Is it possible for her to breastfeed?

[GUESS WHAT?]

According to the American Academy of Pediatrics, your baby should sleep in a crib/bassinet in your room for at least 6 months. fathercraft.com/sids for more

Administrative stuff

HEALTH INSURANCE

- Check with employer/ insurance company on adding your baby
- Compare plans with your partner and decide whose is best for the baby
- Check with your insurance company to find out what prenatal/preventive care is covered during pregnancy
- Understand what prenatal/preventative care your insurance company covers

WILLS

- Cheap/Easy path - go online and have one created - LegalZoom is a good option
- Expensive/Cumbersome path - have your lawyer draft one for you
 - Either one will suffice!
- Have one ready?
 - Get it updated
- DO THIS BEFORE YOUR BABY IS BORN

EMPLOYER BENEFITS TO EXPLORE

- Paid Maternity Leave
 - Employers that meet certain requirements in 9 states are required to offer paid maternity leave. Google it! And check your employee handbook.
- Life Insurance (see above)
- Flex Spending Accounts
- College savings account
- PTO (if your employer does not offer paid paternity leave, plan/save vacation time to use when the time comes)

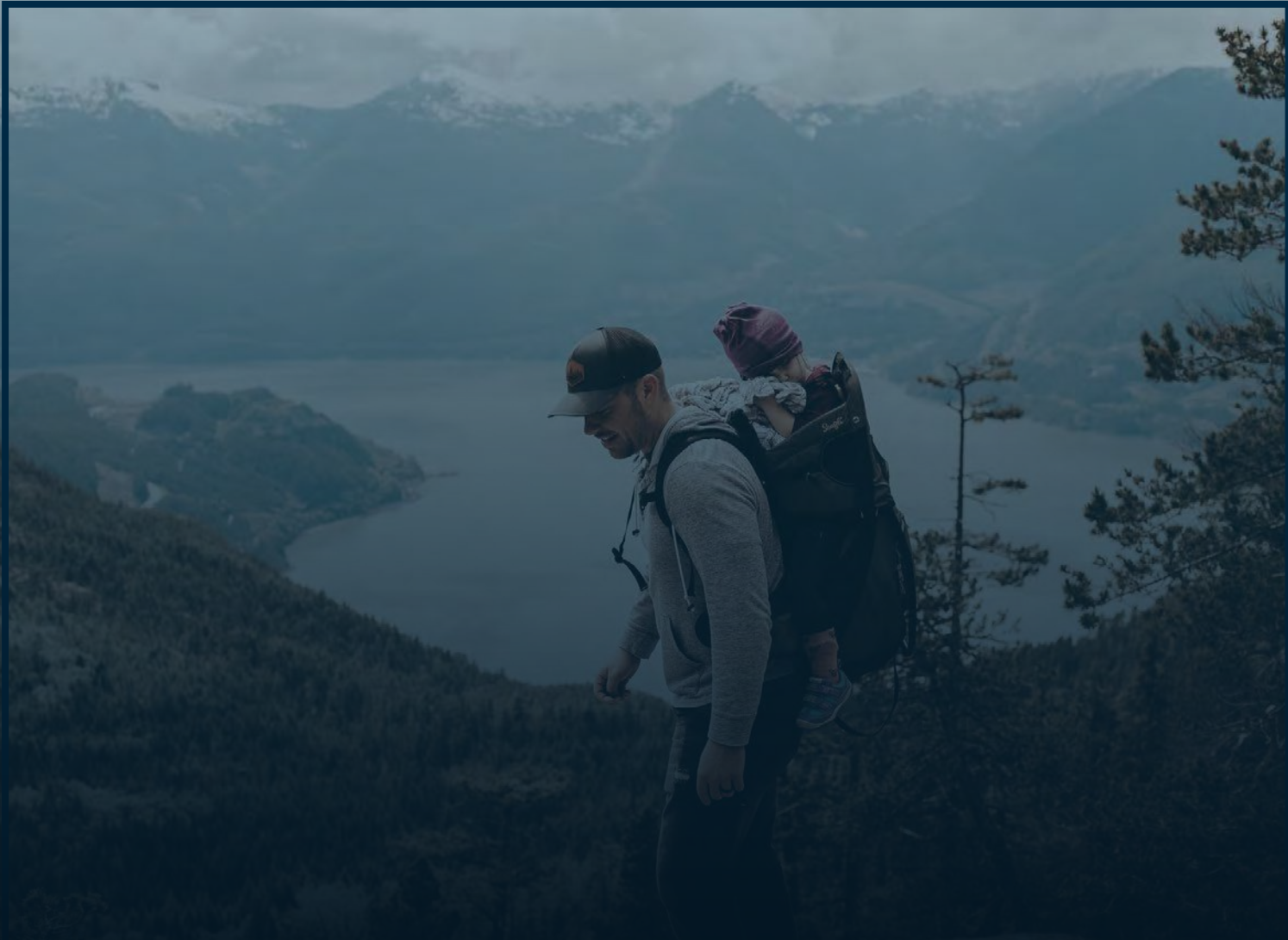
LIFE INSURANCE

- This is available through your employer (potentially), and commercially
 - Either way, you should have commercial insurance.
- Potential Requirements
 - Physical Exam
 - Drug Screening
 - Forms, forms, and more forms

PAPERWORK | KEY POST-BIRTH PAPERWORK

- Birth certificate (your hospital will get you all the info)
- Social Security card (same as above)
- Immunization records (your pediatrician will help)
- [If adopting] Day of Finalization court papers (your agency can help)
- KEEP THESE RECORDS SAFE. Invest in a fireproof box (\$50 on Amazon)





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[LOOKING FOR MORE?]

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