**Baby Plan: Preparing for Life With Your New Baby**

**Feeding:**

**Breastfeeding**

* Learning about breastfeeding. General Plan \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	+ Feeding parents plan \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	+ Support Persons plan \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(ie date of class, friends / family to ask for support, books, video and other resources)

* Who to call for breastfeeding help \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Bottlefeeding**

* 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 breastmilk: Hand Express \_\_\_\_ Manual Pump \_\_\_\_ Electric Pump \_\_\_\_
* Plan for storing breastmilk: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Feeding (The New Parents) – On a separate piece of paper**

* Before baby is born, what food will you stock up on? List at least 10 foods that:
	+ You can eat with one hand
	+ Don’t need to be prepared, cooked
	+ Are good hot and cold
	+ Won’t spoil quickly
* Plan at least 5 healthy meals for your early postpartum period at home
* List people who can help you with the points above and can bring you healthy food
* After baby is born, who will be responsible for grocery shopping
	+ In the first week \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	+ In the first month \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	+ After the first month \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Are there grocery or meal delivery services in your area to make getting healthy meals easier (i.e. Grocerygateway.com)
* Who will be responsible for cooking:
	+ In the first week\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	+ In the first month \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	+ After the first month \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Baby’s Hygiene**

Diapers: Cloth Diapers \_\_\_\_ Disposable \_\_\_\_ Combo of both \_\_\_\_ Cloth Diaper Service \_\_\_\_\_

* Wipes: Warm wet washcloth \_\_\_\_\_\_\_\_\_\_ Commercial Wipes \_\_\_\_\_\_\_\_\_\_\_\_
* Where will baby be changed? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Who’s responsible for putting out the dirty diapers and restocking new ones \_\_\_\_\_\_\_\_\_
* Who’s responsible for washing the cloth diapers \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Bathing:

* Where will baby be bathed? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ How often? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Who is responsible for bathing baby? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Laundry**

* Who’s responsible for Household Laundry? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Who’s responsible for Baby Laundry? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Sleep**

* Where will baby sleep for the first 3-6 months?

In Parent’s room \_\_\_\_ In baby’s own room \_\_\_\_ In parent’s bed \_\_\_\_

In co-sleeper \_\_\_\_ In cradle / bassinet \_\_\_\_ In crib \_\_\_\_ Other plans \_\_\_\_

* What steps do you need to make to have baby’s sleep environment as safe as possible?
* When baby wakes up in the middle of the night, who is responsible for going to baby first?
* Who is responsible for: Feeding \_\_\_\_\_\_\_\_ Diaper changes \_\_\_\_\_\_\_\_\_ Calming \_\_\_\_\_\_\_

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

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

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* Which tasks must be done daily? And who is responsible? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* Which tasks must be done weekly? And who is responsible? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Calming Baby / Caring for Baby / Playing with Baby**

These questions are about who’s got primary responsibility for take care of baby at various times of the day. (Note, if baby is breastfed, the breastfeeding parent has to do that, but the 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? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Times \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* For calming baby – what techniques do you plan to use: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* How do you plan to play with baby? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Support and Sanity Savers**

In the first 6 weeks, who can help to take care of both parents? (i.e. Bring food, run errands, do dishes/laundry etc) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* When the postpartum parent needs support who can they call (names / phone #s)

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* When the second parent needs support who can they call (names / phone #s)

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* What are your plans for your own self care, taking care of your own needs?

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* What are your plans for taking care of your relationship needs?

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