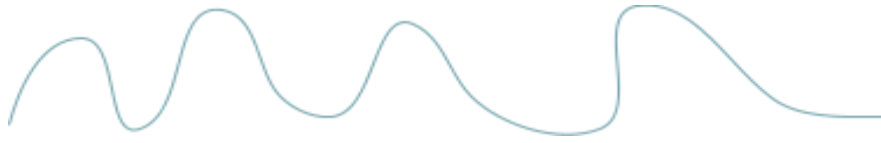


# Daddy Preparedness Checklist



- Discuss and decide about night waking and other division of new baby duties.
- Discuss and decide on how paternal leave will be taken. I.e: all at once, spaced out over x amount of time...
- Install car seat.
- Help deep clean the house close to the due date, with baby-safe products. I.e: steam cleaning.
- Set payments to auto-pay.
- Reschedule any appointments that fall in the first month of new baby's arrival.
- Help prep 2-4 weeks worth of frozen meals that can be quickly heated in an exhausted-new-parent-state.
- Agree on a plan for family and friend visitors.
- Agree on a plan for daddy personal self-care days. I.e: alone/personal time such as golfing, time with friends, etc.
- Agree on how you can help if postpartum recovery is rough on mom - physically and/or mentally.
- Give/get lots of love, cuddles, laughter and physical touch before the new baby arrives.
- Once baby arrives, give compliments to mom about all she is doing, and laugh together about the madness.
- Agree that whatever you say to one another when you are overtired, overstressed and utterly exhausted, doesn't count. Reset each morning. This newborn phase passes.

# Notes

