

The next 9 months are going to be an exciting and memorable time. Below you will find a checklist of activities to guide you during your partner's pregnancy and help prepare you for parenthood.



- Attend prenatal appointments with your partner.
- Purchase parenting books or continue reading articles online.
- Attend childbirth classes with your partner.
- Visit the hospital or birthing center with your partner.
- Research cord blood banking.
- Request for paternity leave or leave of absence.
- Assist your partner in finding pediatrician.
- Help pick out items for the baby, like clothes or toys.
- Help design/set up the nursery.
- Discuss dividing household and parenting responsibilities with your partner.
- Research and set up a savings account and life insurance policy.
- Assist your partner in locating and securing childcare if needed.
- Work on the birth plan with your partner.
- Make sure you have all needed emergency information readily available.
- Assist your partner in putting together a first-aid kit.
- Make sure you have her hospital suitcase packed and ready to go.
- Make sure your hospital bag is ready to go. It may be helpful to have money for parking and vending machines, snacks you enjoy, a camera, a cell phone charger, and a change of clothes.
- Assist in notifying family and friends after the birth.
- Purchase and install a car seat before your partner goes into labor – you won't want to worry about it when the big day comes!
- Purchase or prepare food for when you bring the baby home from the hospital. You may both be so tired the last thing you want to think about is running to the grocery store or cooking.