

# Feeding

How do you anticipate feeding your baby?

direct at the breast  
pumping and bottlefeeding  
formula bottle feeding  
on demand

I/We feel this way because:

I/We anticipate needing help learning how to do this:

Yes / No

I/We have an app / chart to track this :

Yes / No

Baby feeding areas will be:

This will includes items such as:

water for the caregiver

burp cloths

nursing pads

charging cord for devices

TV in sight

pump

pre-prepared bottles in cooler/fridge

Baby formula preparation areas will include:



# Sleeping

Of note there are many references that say “sleep when the baby sleeps” however you will find that you also have things to do as a person when the baby is sleeping, such as showering, eating, and the everyday enjoyment of marveling at your baby. Plus there are times you’ll simply want to respond to people reaching out, reading, or watching television. Instead, think about making a plan for napping, handing the baby off as your body dictates to trusted friends, family, or your doula, and allowing rest.

I/We plan to have the baby in a separate room:

I/We plan to have the baby in our room:

I/We plan to sleep with our baby, and are prepared to do so safely:

I/We are worried about falling asleep with our baby:



# Diapering:

I/We plan on using:  
disposable diapers  
cloth diapers

If the latter, are you planning on using a service:  
Yes / No

This is something I/we feel we need review or education on  
before the birth:  
Yes / No

Diaper/changing tables/areas will be:

This area will include such things as:

diapers  
diaper cream  
wipes  
wipe warmer  
change of clothing  
blankets  
thermometer  
hand sanitizer  
cleaning supplies

As well as:



# Childcare:

I/We plan to:

have postpartum doula help

have friends and family help

care for the baby ourselves, meaning no anticipation of outside help

Aside from feeding, diapering and sleeping, the birthing person is anticipating fulfilling the following childcare needs:

Aside from feeding, diapering and sleeping, the partner is anticipating fulfilling the following childcare needs:



# Meal Planning

I/We plan to:

have meals prepped ahead of time in the freezer

have a meal train set up

prepare meals daily ourselves, and by whom:

have in home help for meals

order in, number of times a week

I/We have special nutritional needs:

Nutrition is something I'm:

concerned about

NOT concerned about

In the past, or this pregnancy, has lack of an appetite been:

a concern

NOT a concern

Would preparing a list of recipes or meals ahead of time

reduce stress:

Yes / No

Do you eat the same foods or need separate considerations:

If separate, please describe:



# Household Care

Who will do the everyday cleaning?

Will there be cleaning help outsourced?

Who will do the everyday laundry?

Will there be greater laundry outsourced? Who does the dry cleaning pick up/ drop off ?

If something breaks, is there someone to call to repair it?

Are you anticipating repairing it yourselves?

Who will do the shopping?

Who will run errands?

What are pet/s needs? Who will do them?

Are there projects you have a high need of finishing before birth? e.g. preparing a sleep surface, washing baby's first clothing, packing a labor bag, preparing a guest area, etc.

List in order of greatest to least need:

Are there projects you have a low need of finishing before birth? e.g. repainting rooms, framing and hanging pictures, setting up a baby play area, etc. Again, list in order of greatest to least need:

Discuss these projects with each other and realistically set aside the ones that can be done when the recovery time is over. Prioritize the projects that will reduce stress and anxiety, help with mental health, or assist you in asking for help.

Outsource anything on this list that you can. Friends and family do want to help!



# Sibling Care

To prepare sibling/s for the baby, we are:

reading books  
creating a sibling basket  
interacting with other's babies  
watching videos

For the birth, we have the following plan/s for them:  
For sibling/s, it is important to maintain: (examples include:  
daycare schedule, naps, food prep, dedicated play times,  
etc.)

I/We anticipate the following changes to their care:

I/We plan on including them in the following tasks of infant  
care:

Who will transport them places:

Are play dates / friends an important part of their lives?



# Legal Planning

I/We have power of attorney(s) already in place?

Yes No

Do one or both of you have a Will?

Yes No

Do one of your or both have Life Insurance?

Yes No

Will you be starting a 529 or other college savings plan? Yes

No

Will you be cord blood banking or donating?

Yes No

If so, have you already ordered your kit and discussed this with your provider?

Yes No

Who will be in charge of placing the child on medical and dental insurance?

Any concerns on filling out birth certificate or social security information?

Yes No

Any adoption needs or resources?

Do you need a passport for your child as soon as possible for travel?

Yes No





# Miscellaneous

## Faith:

It is important to our faith / belief system that during the birth  
we:

It is important to our faith / belief system that after the birth  
we:

As part of our faith / belief system, I/We will need to plan on a  
celebration after the birth: (list what kind and when, start to  
briefly think on the logistics and most importantly, who you  
can enlist to help plan and organize.)

## Education:

I/We feel we need further education prenatally in:

baby care

infant feeding

postpartum recovery

physical recovery

sibling introduction

mental health needs



# Family & Friends:

How many visitors do you expect to have within the first week?

I/We plan on limiting visitors to certain:  
days  
times during the day

Long Term Support for the next 12 months:

Staying connected to the outside world:

It is important to:

talk to friends and family as usual.

put on do not disturb and return calls when possible.

block this time out for my immediate sphere and let people know I will contact them only after much time has passed.

How important are the following to you (there is no wrong answer): (1=lowest, 10=highest)

Recording and journaling

Meditating

Starting / keeping a baby book

Prayers

Planning on a professional photographer

