

# Pointers For *Parents-To-Be*

## Checklist For Expectant And New Dads

by Armin Brott, "Mr. Dad"

(NAPSA)—Today's dads-to-be are a whole new breed. They really want to be involved in pregnancy and infant care, and they also want to be a strong partner for mom. Here is a checklist that expectant dads can follow to prepare for the big day—and the joyous years to follow:

### When You're Expecting...

✓ Be an active participant. Go to all of your wife's OB visits. Take a childbirth prep course and commit to being with your partner throughout the whole labor and delivery.

✓ Plan ahead. Who's taking off work after the baby comes and for how long? Have discussions about such important topics as breastfeeding, circumcision and birth plan now.

✓ Think about money. Now is a good time to rewrite your will (or write one in the first place), buy life insurance and even start a college savings plan.

✓ Get the house ready. Make sure you've got a baby-safe crib. In addition, stock plenty of diapers and baby wipes. Prewash the clothes and blankets a baby will need in the first few days.

✓ Get current with the latest news about parenting, health and infant care. Access smart sites such as [verybestbaby.com](http://verybestbaby.com) for insightful articles, downloadable guides, videos and interactive tools that can help you and your wife prepare for baby's arrival and track baby's growth and development.

✓ Jump in! Don't worry about making a few mistakes. Being a good dad—just like being a good mom—comes with practice.



**Increasingly, new dads are striving to be partners in the care of their infants.**

✓ Be a partner, not a helper. The more responsibility you take on, the happier your wife will be and the stronger your relationship with your wife and your baby will be.

✓ Stand your ground. If you're feeling left out, talk to your wife about it. Show her that you're serious about wanting to be an equal participant.

✓ Support breastfeeding. Ideally, your baby should have nothing but breastmilk for the first six months. Nursing is sometimes hard for new moms. Make sure your partner gets plenty of fluids and rest.

✓ Don't forget your relationship. Set aside some time every day to talk with your partner—about something other than the baby.

Most importantly, enjoy this special time in your life. It's in everyone's best interests for you to do everything you possibly can to become an involved father. It's not easy, but the rewards—for you, your children, and your partner—are incalculable.