

PRE-ARRIVAL CHECKLIST & GUIDE *(for dads)*

Preparation and patience are key when planning for the arrival of your newborn. Whether you are first-time parents or veterans, we think this guide will help you jot down your ideas and delve into communicating important topics with your spouse.

In this guide we bring up important topics that are crucial to discuss before your baby arrives. Doing the preparation work now will help alleviate stresses on both you and your partner in the first few weeks and months of home life with your newborn. Take all the space you need to write down your answers and make sure to take the time to sit down and discuss each topic with your partner.

Some of the items listed in the guide have detailed articles already on dadverse.net, so be sure to use the website to help you out. If you have any questions or would like more ideas please reach out to our team at support@dadverse.net.

Bryan, Founder
of DADVERSE

BABY GEAR ESSENTIALS

With so many options out there for baby gear, it can be overwhelming for new parents. Knowing what to buy now and what can wait is such a help financially and keeps down on the house clutter. Use this worksheet to make sure your baby has all of the essential house and travel items when they arrive.

GEAR

- Car Seat
- Stroller
- Changing Table
- Bathtub
- Bassinet/Crib

CARE

- Brush/Cradle Cap
- Shampoo/Wash
- Nail File
- Nose Sucker
- Lotion

APPAREL

- Swaddles
- Blankets
- Onesies
- Socks
- Diapers

For a more comprehensive list of items, please visit dadverse.net

What are some items not listed above that you would like to have?

Do you want to have a bedside bassinet or a crib? How would you like it to be set up in the bedroom?

NOTE: The American Association of Pediatrics recommends your newborn sleeping in your room for the first six months.

FOOD PLANNING

During the first few weeks, especially the first few days, after your newborn's arrival, scheduling meal times can be almost impossible. Help your future self out a lot by planning meals and grocery items beforehand. Of course, this does not have to be a set-in-stone plan, but having ideas can benefit you and your partner greatly.

What are some easy meals that you love to make and won't be difficult to put together?

What are some of your spouse's favorite snacks and/or drinks?
Treat her! She is the real MVP!

Use this chart below to list meals and their ingredients to assist with shopping beforehand. Keep the meals simple and enjoyable!

SLEEP PREP

One of the most important things that will need to take place after your baby arrives is sleep for everyone in the family. This process has just been so hard on your partner and they will need every ounce of rest they can get. Coming up with tentative schedules can help tackle this stressful time when it does arrive. Be sure to change this schedule once your baby arrives to serve your family's specific needs.

Is there a certain sleeping method that you would like to use?
When will you try to start this method?

How will you handle your newborn's sleeping schedule? Who will take what days to give each other a break?

Where will the baby be sleeping? What needs to be done to accommodate this in the house?

How can you maximize the amount of rest your partner is able to get? What can you do to help out?

Is the position of the bassinet/crib optimized to help your partner at night? If breastfeeding, is the bassinet a good fit for your needs?

FRIENDS & FAMILY

One of the greatest sources of help is your friends and family. No matter if you live close by or far away, there are so many ways for them to get involved and help you and your family out during this new experience.

Are there any friends or family that may be able to cook for us for the first week?

Creating a baby registry (i.e. Amazon.com) is a great way to have loved ones help out. Is this an option for you? What items would you put on it?

Are there any loved ones close by that may be able to help around the house if you get burned out and need a break?

How are you going to share the news of your baby's birth with friends and family? Social media dos and don'ts?

HOME EVENTS

Unfortunately, things like chores and errands do not stop when the baby arrives. Planning for these too, even though they seem simple, can deter any unwanted stress. Those little items can pile up and become an issue for your household. Use this worksheet to plan and discuss them before they come up.

How can we plan for basic household chores? What days can we set aside to complete them?

Laundry:

Cleaning:

Dishes:

Cooking:

Shopping:

(Pets) If you have pets, do they have schedules that need to be maintained (walking, playing, eating, grooming)?

(Siblings) If you have children, what is their schedule like and how will you continue to give them the attention they need as well (school, activities, playtime, etc.)?

What can I do to provide care for my wife? Are there any items I can help her get (vitamins, pain relievers, medicine, post-partum kits)?

Please note that any schedules you make may need to be changed time and time again to fit your family's needs. This is okay. Adapting and overcoming challenges like this is what is going to make you an amazing parent! You got this!

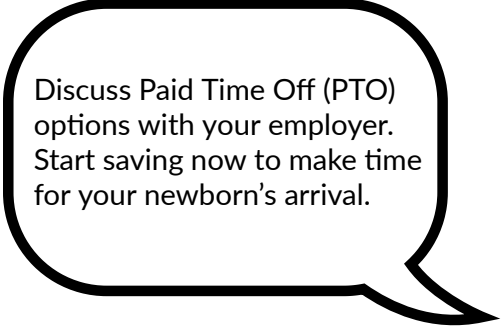


LEGAL & ADMINISTRATIVE

With a new member of the family, come new responsibilities. These come not only with chores and parenting skills, but also in things like health insurance, bills, and more. Budgeting and planning can make these a breeze though, as most can be accomplished beforehand. Be sure to check with your local state/country or country for more information regarding the information presented in this worksheet. DADVERSE is no substitute for an actual legal advisor, so please follow up with one for more information.

HEALTH INSURANCE

- Check with your employer for adding your baby to the current plan
- Discuss different plan options with your partner and choose the one that works best for your situation
- Know what care (prenatal and post-partum) your plan offers



Discuss Paid Time Off (PTO) options with your employer. Start saving now to make time for your newborn's arrival.

IMPORTANT PAPERWORK

- Birth Certificate (check with your hospital for more info)
- Social Security Number/Card (hospital can also get you started on getting this done)
- Somewhere to keep all of your records! Very Important not to misplace these items.
- Update your will accordingly. If you do not have one, now is the perfect time to have one drawn up. LegalZoom has great options online.
- Immunization Records (hospital and/or pediatrician can get you a copy)

Remember: This workbook is not all-encompassing and there may be a few things you like to change, add, or remove entirely. That is great! This workbook is for you to get those creative juices flowing and help you prepare. Make the decisions that are best for you and your family, and always communicate with each other. You are going to be an amazing parent!

MISC

- Check with your employer for paid paternity leave
- Discuss life insurance policies with your spouse and if you would like to start or alter your current plan
- Many employers offer competitive health savings accounts which can help with the financial aspect of delivery. Ask them about your options.





DADVERSE

We hope that you learned some new things and that this guidebook sparked some ideas for you and your partner. This is just the beginning. Be sure to relax and enjoy every moment, because you are going to do great!

If you liked this guidebook check out all of our resources on www.dadverse.net or contact us at support@dadverse.net for more information.

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