

## Joint Parenting Team Plan for Baby

Review the following common baby care tasks – tasks that parents need to take care of. Share your thoughts with each other and develop a plan for how you will manage each. If you are not sure yet, don't worry, review this after a week at home with your new baby and again after the first month. You will probably make some changes based on your actual experience. Use this form not only to plan for baby, but also to identify what might become points of disagreement for the two of you.

### Bathing Baby

Frequency:

Special supplies we need:

Routine or steps:

How can we make this a special time for baby?

### Changing Diapers

What kind of diapers are we going to use? Disposable  Cloth

Any special brand \_\_\_\_\_

Who will change the diaper and when?

### Dressing Baby

Who will choose clothes for baby?

Who will dress baby in the morning?

Who will dress baby for sleep?

Special occasions: What and Who?

Rules: (i.e. no pink for Sam)

### Feeding Baby

How will we feed our baby?

Who will prepare baby's food?

Who will clean up equipment used in feeding baby?

### Getting up in the night

How we are going to decide who gets up to settle baby at night?

What kind of settling strategies will we use and is there an order to using them?

Who will feed the baby at night?

### Medical Appointments and Immunizations

Who will arrange for appointments?

Who will take baby for immunization appointments?

What comfort measures will you use?

### Playing with Baby

When are key times for playing with our baby?

What kinds of play are okay?

What kinds of play are not okay?

### Putting Baby to sleep

Routine or steps:

What if baby does not settle?

Rules: (i.e. sleep on back, no loud music)

### Reading to baby

When are the key times to read to our baby?

What will you read?

Are there any books you would not like read to baby?

### When Our Baby is Sick

Who will care for baby if both of us are away?

Who will stay home if we are both at paid work?

What comfort measures will we use?

Who will we consult with about our baby if they seem sick?