

Baby Checklist

RIGHT AFTER BIRTH:

FATHER/COACH:

- Ask if you can cut the umbilical cord
- Take pictures

SOON AFTER BIRTH:

FATHER/COACH:

- Call family and friends to advise of the health of mother and baby, sex, name, weight, APGAR, etc.
- Buy things to pass out (tobacco, chocolate or bubble gum cigars, candy bars, peppermint sticks) in the appropriate color

PARENTS:

- Have people wash their hands before touching or holding the baby (for approximately the first month)
- Be aware that the lips and inside of the mouth are one of the best indications of a baby's health

Discuss the following with your pediatrician:

- Baby's health
- When baby should be seen at the pediatrician's office (weight checks, well visits, etc.)
- Try to put your other children first (let baby wait a few minutes if possible)
- Send birth announcements
- Avoid public places (malls, churches, nurseries, etc.) for 6 - 8 weeks
- Don't use sunscreen with PABA until the baby is at least 6 months
- If you go to the beach, go early in the day (before the sun gets too hot)
- Don't use non - hypoallergenic products until the baby is at least 2 months
- Baby carriers (front) - avoid head bouncing front and back (sideways is okay)
- Establish a relationship with your child so he/she knows you care about him/her, their feelings and their well - being
- Play with your child
- Show your child the things you think are important
- Look your child in the eyes a lot
- Read to your child, preferably with the child on your lap, including reading some of the same

books over and over, and reading a variety of things - reading a variety of things helps your child understand how things work

- Expose your child to different types of music
- Create music with your child
- Consider choosing a second language to introduce to your child
- Get a social security number for your child
- Adjust your income tax withholding form (W - 2)
- On your tax return, take the dependent care tax credit, especially if you have lower income
- Use a flexible spending account to have pre - tax dollars directed from your paycheck to reimburse yourself for child care expenses

RIGHT AFTER GETTING HOME:

- Get in bed with the baby for awhile, then get some rest
- Keep a bathrobe by the front door... if anyone comes to the door, put the robe on, answer the door, and tell them: " This is the closest I've been to death... I don't know when I'll ever get some sleep."
- Even if you feel like having visitors soon... don't

SOON AFTER GETTING HOME:

Call your pediatrician for appointments for:

- Weight check (s)
- Well visits: 2 - 3 weeks after birth, 2 months, 4 months, 6 months, 9 months, etc.
- Be aware that after having a baby, you'll probably lose some friends (especially those without kids) but you'll gain other friends (especially those with kids)
- Notify newspapers, newsletters, etc.
- Adjust life insurance ; adjust or make a will
- Establish a trust fund (or savings account) for the infant - to demonstrate the power of saving money
- Add your new baby as an exemption on your tax return
- Notify people (e.g., alumni associations) - so they can put it in their publications
- Notify your employer of your new dependent/family member

ONE WEEK AFTER BIRTH:

- Take the baby to the pediatrician for a weight check
- Be aware that babies usually lose weight during the first week

REGULARLY:

- Make sure your baby gets plenty of stimulation from, and interaction with, other people, touching, sounds (talking, music), visuals, smells - to stimulate the growth of nerve cells in your baby's brain - stimulation at an early age is much more effective in encouraging learning

than at a later age

- Provide consistent and predictable nurturing, especially during the first few years
- Talk to your baby
- Massage your baby's body
- Provide a stable situation for your child – stable relationships with loving people, especially you - so your baby can develop trust
- Realize that your baby is especially receptive to learning language during the first year
- Make sure your baby can't reach small objects that might cause choking (until he/she is approximately 3 years old)
- Provide plenty of guidance
- Ask your local health department if the water contains fluoride. If not, check with your doctor... you should probably give your child a fluoride supplement through age 13

If you suspect your baby has a high temperature:

- Take temperature rectally

WHEN BABY STARTS ROLLING OVER:

- Don't leave the baby on a bed or sofa unattended

WHEN BABY STARTS CRAWLING:

Childproof your house:

- Put a gate at the top and bottom of all stairs
- Keep balloons (inflated and uninflated) out of reach

AGE 6 MONTHS:

- Get introduced to swimming - so your child won't have a fear of water that will prevent him/her from trying to swim if he/she falls into the water
- Learn to roll onto your back in water and float

AGE 9 MONTHS:

- Be aware that a child can lose consciousness within 2 minutes in water and drown within 6 minutes

AGE 1 YEAR:

- Be aware that children need to be watched much more closely once they learn to walk
- Make a game out of learning to read

Consider controlling what your child watches on TV by:

- Deleting certain channels on your TV or VCR (see your owner's manual)
- Asking your cable TV company to block certain channels

Once your child has learned to walk:

- Double - check your house for hazards to children