

First-Time Dad Checklist

(Print and keep handy as you prepare for fatherhood)



Learn the basics

- ☐ Hold
- ☐ Change
- ☐ Swaddle
- ☐ Burp
- ☐ Practice safe sleep
- ☐ Install car seat



Baby gear

- ☐ Help choose and buy essentials



Health & Wellness

- ☐ Eat well
- ☐ Stay active
- ☐ Rest
- ☐ Manage stress



Partner support

- ☐ Share tasks
- ☐ Create a birth plan
- ☐ Support mental health



Work & Finances

- ☐ Plan paternity leave
- ☐ Budget
- ☐ Arrange childcare



Home prep

- ☐ Cook meals
- ☐ Babyproof
- ☐ Clean
- ☐ Set up baby's space