

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



Partner support

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



Work & Finances

- Plan paternity leave
- Budget
- Arrange childcare



Baby gear

- Help choose and buy essentials



Health & Wellness

- Eat well
- Stay active
- Rest
- Manage stress



Home prep

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