

Dad's Birth & Postpartum Support Checklist

Before Birth: Prepare Together

- ☐ Pack the Hospital Bag (for you and your partner)
- ☐ Install Infant Car Seat (check safety fit)
- ☐ Know the Birth Plan and Mom's preferences
- ☐ Attend a Birth Prep Class together
- ☐ Save Doctor, Doula, and Hospital Contacts
- ☐ Download a Contraction Timer App
- ☐ Stock the Car with Snacks, Towel, and Extra Blanket
- ☐ Arrange Pet or Sibling Care for Labor Day
- ☐ Charge Phones, Cameras, and Portable Chargers
- ☐ Discuss Postpartum Roles (meals, laundry, night duty, etc.)

During Labor : Be Present & Supportive

- ☐ Stay Calm and Encourage Mom
- ☐ Offer Water, Snacks, and Lip Balm
- ☐ Massage or Apply Counterpressure
- ☐ Remind Her to Breathe and Stay Relaxed
- ☐ Advocate for Her Wishes with Hospital Staff
- ☐ Keep the Room Peaceful (dim lights, play music)
- ☐ Be Her Cheerleader: 'You're doing amazing'
- ☐ Capture Photos or Videos (if she's comfortable)
- ☐ Know Hospital Procedures and Check-in Process
- ☐ Stay Flexible — labor plans may change

Dad's Birth & Postpartum Support Checklist

After Delivery: Support & Celebrate

- ☐ Help with Skin-to-Skin Contact (if mom is resting)
- ☐ Announce Baby's Arrival after Mom's Ready
- ☐ Make Sure Mom Eats and Hydrates
- ☐ Learn Diapering, Swaddling, and Burping Basics
- ☐ Track Baby's Feeding and Diaper Changes
- ☐ Ask Questions Before Discharge
- ☐ Check Car Seat Safety before Leaving
- ☐ Take the First Family Photo ❤️▪

At Home: Be the Anchor

- ☐ Handle Household Chores and Meals
- ☐ Create a Recovery Zone for Mom (water, snacks, charger)
- ☐ Encourage Rest without Guilt
- ☐ Watch for Postpartum Depression or Anxiety Signs
- ☐ Share Night Duties or Bottle Prep
- ☐ Arrange Grocery or Meal Deliveries
- ☐ Give Mom Time for Showers and Naps
- ☐ Say 'You're doing amazing' every day
- ☐ Capture Baby's Firsts while enjoying the moment

Momkinz Tip

You don't have to fix everything. Just show up be kind, patient, and proud. The way you support her now will echo for a lifetime.