PRENATAL PLANNING
CHECKLIST

BEYOND THE FIRST BABY: A NEW KIND OF PLAN

A new plan will also embrace the needs and obligations of your first child or older children. while some moms have found it overwhelming and have not made any plans at all, other moms have found it helpful. This layer of planning may include:

- Friends/relatives to handle school drop-offs and pickups or other logistics:

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- Relatives or friends for play dates, walks, park trips, etc.:

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- After some weeks have passed, friends/relatives to watch the newborn for a few hours so Mom can do something special with an older child or take him or her to school, etc.:

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- Some families have also found it a good idea to make note of any special events coming up in the life of an older child during early postpartum weeks (birthday, school event, sports event, outing) and to focus some special attention on that:

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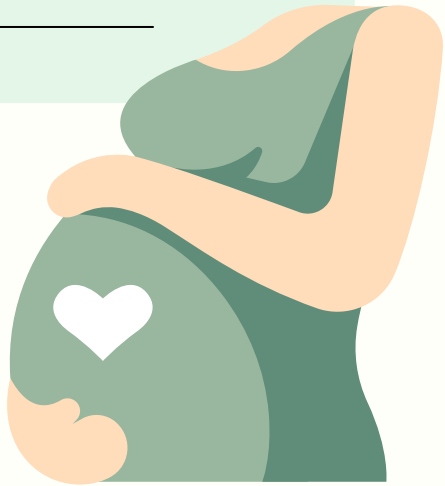
- Assign several friends to bring in gifts for your older child and celebrate him or her as well, since everyone generally tends to focus on the new baby to the exclusion of the new mother and the siblings:

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