Homework for Expecting and New Moms

We all know it's important to take care of yourself and your growing baby. This means eating a healthy diet, getting regular exercise, and seeing your doctor for check-ups. But beyond staying hydrated and resting, it's also a time to prepare yourself for the future.

We're giving you some homework! Print the next few pages to help you prepare for your new baby and have guided conversations with your partner or family members who are supporting you. Congratulations on this exciting journey!

For more details on these to-dos or to get support during pregnancy or beyond, read these resources or scan the QR code, and visit anybabycan.org.

Family success starts here.

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Se habla español.

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Checklist for Pregnant Moms

- **Get a journal.** Write yourself notes, reminders and ideas in this journal so pick one you love.
- **Belly massage.** Grab some lotion or oil and massage that belly, or get a partner or friend to help.
- **Connect** with your partner, family, or friends who will be with you after the baby is born.
- **Imagine.** Talk (or write in your journal) about what you think the baby will look like and their personality.
- **Self-care.** Write down some ideas. Which of these things can you do with your baby (cup of tea, a walk) or without the baby (a bath, time to read a book)?
- **Plan for changes.** Talk with a partner or friend about how you picture your life changing around the baby.
- **Identify support network.** On tough days, who do you call? Write 3-4 things that would be helpful for someone to do for you.
- **Baby sleep plan.** Where will the baby sleep? If the baby isn't sleeping, how will you manage things? Who gets up if the baby needs soothing or a diaper change?
- **Daytime support.** Even if it's for an hour during nap, who can help during the day so you can run an errand or have lunch with a friend.
- **Events and activities.** Find things to do near you that you can look forward to doing with your baby.

Checklist for The First 6 Months

- **Talk with your baby.** Say what's on your mind or what's going on today. Infants are very good listeners.
- **Gratitude.** Say or write down one thing you're thankful for each day.
- **Find community.** Attend a parent support group or local event for new moms.
- **Music**. Introduce your baby to your favorite music or lullaby. Dance and move!
- **At-home fun night.** Make popcorn and watch a movie, play a board game or make cookies. Enjoy being with a friend or partner after baby goes to bed.
- **Write a letter to your baby**, seal it in an envelope, and save it until they can read.
- **Make silly faces.** Look in the mirror together and make silly faces with your baby. Smiling and laughing helps both of you!
- **Write in your journal** or talk with a partner about some things that you're excited to share with your baby as they get older.
- **Hobbies and self-care.** Remember the ideas you came up with? Aim to do at least one each day, even if it's just getting outside or savoring a cup of coffee.
- **Baby spa day.** Find time one day to give your baby a slow and luxurious bath. Dim the lights, put on quiet music. Finish with a soft massage.