baby chick

QUESTIONS TO Discuss With Your Partner Before Baby

BIRTH

Who do you want at the hospital and birth?

POSTPARTUM

How will you support me & baby with sleep? How will you support us during night wakings?

How do you want or envision the labor & birth to go?

Write birth plan together.

How do you plan on supporting me during labor & delivery?

How much time do you plan on taking off

work when the baby arrives?

When do we want visitors? Who do we want/not want to visit us when we come back home?

Write postpartum plan together.

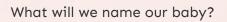
PARENTING

Are we going to
Breastfeed Pump Formula-feed
Disposable diapers Cloth diapers
Co-sleep 🗌 Bassinet 🗌 Crib

Will our child have any presence online? Will we share photos of him/her on social media?

How and when will we announce our baby's arrival?

	Y N
Do we want visitors at the hospital?	
Will we vaccinate our child?	
Will we circumcise our child?	



baby chick

QUESTIONS TO Discuss With Your Partner Before Baby

NOTES

PARENTING

What will the division of caretaking and household responsibilities look like?

What parenting style and types of discipline will we follow?

RELATIONSHIP

How will we prioritize our marriage/ partnership/intimacy after baby arrives?

How will we support each other with breaks and getting self-care?