

# QUESTIONS TO Discuss With Your Partner Before Baby

## BIRTH

Who do you want at the hospital and birth?

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

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Write birth plan together.

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

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

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	Y	N
Do we want visitors at the hospital?	<input type="checkbox"/>	<input type="checkbox"/>
Will we vaccinate our child?	<input type="checkbox"/>	<input type="checkbox"/>
Will we circumcise our child?	<input type="checkbox"/>	<input type="checkbox"/>

What will we name our baby?

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## POSTPARTUM

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

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How much time do you plan on taking off work when the baby arrives?

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

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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?

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# QUESTIONS TO Discuss With Your Partner Before Baby

## PARENTING

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

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What parenting style and types of discipline will we follow?

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## RELATIONSHIP

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

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

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## NOTES

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