

# Checklist for would-be- parents

- When is your baby due?
- When are you required to tell your employer?
- How long maternity leave are you going to get? is it enough? if not what is your backup plan?
- How much maternity pay you are going to get? is it enough? if not what is your back up plan?
- After baby arrive, will you be a stay-at-home-mom (SAHM) or go back to work or need to find work ?
- If you choose to be SAHM, how would you take care or your physical, mental and financial health?

# Work

- If going back to work - When will you start?
- Will you work full-time, part time, flexible, compressed hours ?
- Will you work remotely or travel to work?
- If you are going to work from home, what all you will need in place?
- If you are going to travel to work, what all you will need to organise ?
- Will you receive any childcare financial assistance? How much? When? Process?

# Childcare

What childcare options are available to you? Add details

Nanny

Childminder

Nursery/ Preschool

Family

Others

Your salary vs expenses to go back to work - does it make financial and practical sense?

Any other thoughts

# Childbirth

- Do you have a childbirth plan in place?
- Are you going to breastfeed/bottle-feed/both your baby? What will you need in each case?
- Do you need to register your baby in a local surgery/GP clinic/paediatrician to receive health services?
- If you need to travel internationally with baby, what travel documents you will need?

Things you (a new-mom) will need:

- Maternity and breastfeeding cloths
- Hospital bag
- New mom health kit
- Family and community Support

# Newborn

What is your thoughts on:

- Gender Reveal Party
- Baby Shower
- Baby's Welcome

Things baby will need in the first six months

- Baby nursery preparation
- Baby registry
- Nappy bag
- Newborn health and hygiene kit
  
- How will you organise food in the first few weeks with baby?
  
- How will you manage laundry, cleaning, other house chores?
  
- Do you have any baby name ideas in mind?

