
As you walk through the content and watch the videos from other fathers, below are some questions you can ask yourself and talk through with your partner as you continue on your journey to fatherhood.

Before Pregnancy

1. What are you most excited about as you become a father? Did you always want to be a father?

2. What three things can you commit to improve your physical, mental or emotional health as you prepare to be a dad? What health and lifestyle habits can you change now so that when you become a father those habits are already built?
 1. _____
 2. _____
 3. _____

3. How do you manage your stress? What practices can you prioritize when you become a dad that help you manage stress?

During Pregnancy

1. What resources can you seek out to help educate yourself on being a parent (people resources, hospital resources, March of Dimes educational resources)?

2. How can you support your partner during pregnancy? Are you able to attend prenatal checkups?

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During Pregnancy Continued

3. How does your partner manage stress? What practices can you prioritize when your partner becomes stressed during pregnancy?
4. What do you want to do to get your home ready for a baby?
5. How can you and your partner plan for the financial requirements of growing your family?

Labor & Birth

1. What can do now to prepare for labor and birth?
2. Do you have a birth plan? How can you support your partner during the birth process? If there are any complications?

Baby's Home

1. What can do now to prepare for labor and birth?

Continued on pg. 3

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Baby's Home Continued

1. How will you help when the baby first comes home? Are you able to help with feeding and taking care of the baby?
2. Which family and friends can pitch in to help in the beginning?
3. How can you help your partner rest?
4. What are the signs of postpartum depression to look out for in your partner? How will you and your partner navigate postpartum if signs present themselves?
5. What can you do to take care of yourself and your partner during the newborn stage?
6. What can you and your partner do to remain patient with your baby and yourselves as you were learning to be parents?

Resources

- [Marchofdimes.org](https://www.marchofdimes.org) has several resources for expectant families [before pregnancy](#) and for mom before, during and after pregnancy available at [It Starts With Mom](#).
- [Birth plan template](#).
- [March of Dimes My NICU Baby® App](#) provides answers, tools and support, so you can focus on your baby during what is often a difficult time. Learn about NICU staff, policies, equipment and terminology on your own schedule. The app has been developed and designed by experts to help you advocate for the best care for your baby.
- [Find support and comfort online](#). Find a supportive online environment that's just right for you with trusted information and advice, helpful resources and caring people who want to connect.
- [Additional community resources](#).