



## CHILDBIRTH CHECKLIST

- Review personal identification, including driver licenses, passports, and bank, credit and investment account information, and make surname and/or titling changes as appropriate.
- Review health insurance coverage for mother and infant, and plan for any costs not covered by insurance.
- Review literature respecting birthing methods, nutrition and health of mother and infant, child-rearing advice.
- Enroll in childbirth, infant safety and any other child rearing classes that may be needed.
- Evaluate and select obstetrician, maternity hospital, birthing center, pediatrician, etc.
- Prepare nursery or other suitable home environment for infant. Prepare a list of items infant will need, e.g., crib, high chair, car seat.
- Contact infant car seat specialist, typically found in a local fire department, police department or area hospital, to verify that the infant car seat is correctly installed.
- If mother will return to work after childbirth, arrange for childcare services for infant. Prepare a list of your expectations for a child-care provider and share with caregiver.
- Review life insurance and disability insurance coverage on lives of father and mother and secure additional protection if needed in the event of a parent's premature death or disability; alter beneficiary designations on existing policies as needed.

- Alter, amend, or replace existing wills, trusts, or other planning documents as needed to provide for a guardian or guardians of the person and the property of minor children.
  
- Obtain social security number for infant, and passport if needed.
  
- Obtain and carefully maintain an immunization record for infant.
  
- Arrange life insurance coverage for child, if appropriate.
  
- Establish a savings account or investment fund to which contributions may be made periodically for the child's benefit. Examine college savings plans and evaluate education cost needs of child.
  
- Prepare other children for the new arrival.
  
- Update budget for new expenses and potential salary changes with any change in employment status of either parent.
  
- Evaluate eligibility for leave under the Family and Medical Leave Act and any similar state law.
  
- Discuss maternity leave pay and time frame with employer. Agree to any change in terms of employment after the baby is born.
  
- Make a contact list to inform friends and family of the new arrival. Compile addresses and emails for birth announcements to be sent.
  
- Examine federal and state income tax situation and availability of claiming new tax credits (e.g. child tax credit, adoption credit, etc.) or the dependency exemption.

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