

Please print and cut out the mini-checklist.
Keep it in your pocket.



Start Well

Dad/Partner Mini-Checklist

Daily: ☐ Hold baby ☐ Do diaper changes ☐ Help with feeding ☐ Wash bottles/ breast-pump parts ☐ Restock basics (diapers, wipes)	Support Mom: ☐ Ask what she needs ☐ Bring water/snacks ☐ Make sure she gets a break: mind the baby so mom can shower or nap
House: ☐ Quickly tidy up ☐ Check appointments	Self-Care: ☐ Take a short break ☐ Step outside

**Nurse
Advice Line**

24/7 Help
with questions.

(for IEHP members only):

**1-888-244-IEHP
(4347)**

TTY: 711

For more
information,
visit
iehp.org/dads



Inland Empire Health Plan

iehp.org