



Start Well



Pregnancy and Your Baby's First Year



Start Well

Dad/Partner Mini-Checklist

Daily:

- ☐ Hold baby
- ☐ Do diaper changes
- ☐ Help with feeding
- ☐ Wash bottles/
breast-pump parts
- ☐ Restock basics
(diapers, wipes)

House:

- ☐ Quickly tidy up
- ☐ Check appointments

Support Mom:

- ☐ Ask what
she needs
- ☐ Bring
water/snacks
- ☐ Make sure she
gets a break.
Mind the baby
so mom can
shower or nap

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

Start Well

A Guide for Dads and Non-Birthing Partners

Every pregnancy is a team sport — and guess what? You're on the team.

To help you show up strong during pregnancy, birth and your baby's first year, IEHP offers this guide with referrals to no-cost resources. This will help turn your "Wait... what?" moments into confident action so your family can **Start Well** with a clear game plan.

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Dad to Dad Advice: Real Tips from IEHP Dads

Sometimes the most helpful guidance comes straight from dads who've been in the thick of it. Here are some honest, real-world tips they wanted to pass along:

Serve Over Pride

- Take initiative with household tasks; trust us, it gets noticed.
- Jump in and help without waiting to be asked.
- Be willing to sacrifice a bit of comfort, sleep and your usual routine. It's temporary, and it really counts.

Stay Emotionally Present

- Be patient with the ups, downs and all the in-betweens.
- Validate her feelings, even when you can't fix anything. Sometimes listening is the fix.

Build a Support System

- Talk with other fathers; they get it.
- Seek mentorship from older dads, they've learned the shortcuts.

Real Talk: IEHP Dad Add-Ons

- Expect the crash: The excitement will wear off, and suddenly you're fighting to keep your eyes open. Don't fight it. Take the 30-minute snooze. You'll wake up a better human.
- Go big on birth certificates: It costs a few extra bucks but order the maximum number of official birth certificates. The county clerk may give you a funny look, but you likely won't see them again and your future self will be grateful.
- Nighttime crying may just be gas: In the first month, most nighttime crying is caused by gas. No need to panic-sprint to your local drugstore. A gentle 10-minute walk with some light back-patting often helps soothe a baby.

And Remember:

This season is temporary. It's intense, beautiful, exhausting and meaningful all at once. You've got this! One diaper, one nap and one day at a time.

About You (Support Partner)

Keeping important information and contacts handy is the best way for expecting parents to have less stress or take confident action.

Name: _____

Best Phone: _____

Relationship to Baby (father/partner/co-parent/etc.): _____

Mom/Birthing Parent's Name: _____

Estimated due date: _____

Hospital/Birth Location (planned): _____

OB's name: _____

OB's phone number: _____

Doula's name: _____

Doula's phone number: _____

Baby's Pediatrician (chosen/preferred): _____

Pediatrician's phone: _____

RESILIENCY PARENTING:

This highly regarded evidence-based set of parenting strategies (**PRIDE: Praise, Reflect, Imitate, Describe, Enjoy**) helps support your child's mental and emotional health. Because kids' needs change as they grow, the approach shifts with each stage to help them manage stress, bounce back from challenges and build ongoing well-being. For infants and toddlers (ages 0–2), the focus is on creating a safe, steady environment, comforting big emotions and building a strong bond so they feel secure.

WORDS TO KNOW

(Dad/Partner Edition)

Words to Know

(Dad/Partner Edition)

Here are some terms you'll hear a lot. Knowing them helps you be the calm one in the room:



- **Amniotic membrane:** The “bag of waters” around baby.
- **Birth plan:** A birth plan is basically a game day cheat sheet for welcoming your baby. It's not a rigid script. It's more of a guide to "here's what we hope for, here's what matters to us, and here's how you can help." Think of it as: Mom's preferences + your support role + the care team's expertise = one smooth, well-supported birth.
- **Cesarean (C-section):** Surgical birth via abdomen.
- **DME (Durable Medical Equipment):** Devices prescribed by a doctor for a pregnant or postpartum patient to use in their home.
- **Doula:** A support superhero. Helps mom, helps you, and helps the birth go as smoothly as possible. (This is a covered benefit.)
- **Epidural:** Pain relief for mom. Your job? Hold her hand, ask questions, don't faint.
- **Episiotomy:** A cut to help speed birth in emergencies; increases pain/healing time.
- **Focal point:** An item to focus on during labor (photo, keepsake).
- **Induction:** When the doctor starts labor. Sometimes necessary and sometimes not.
- **IV:** A tube in a vein for fluids or medications.

Words to Know (Dad/Partner Edition)

(continued)

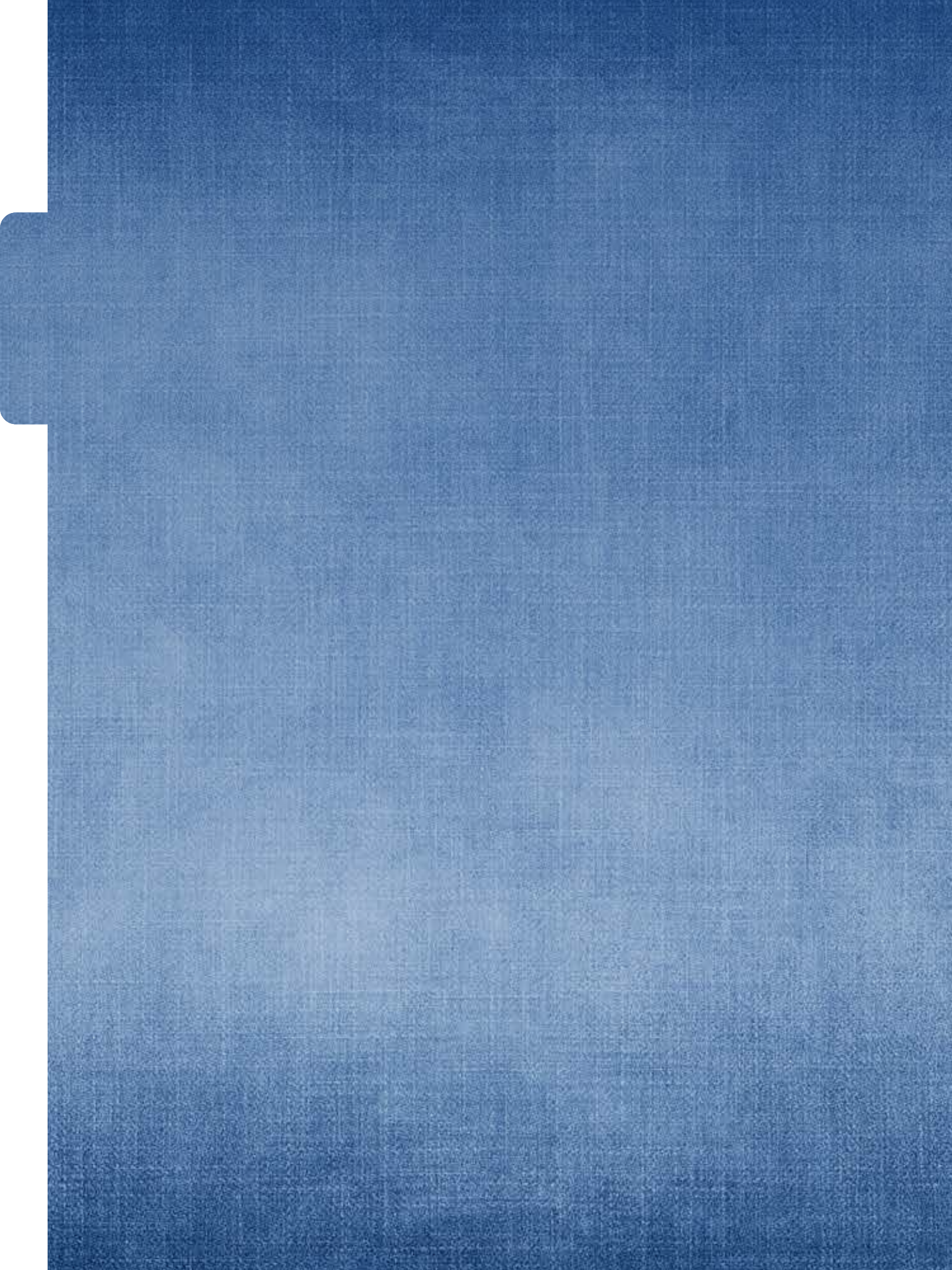
- **Pediatrician:** The doctor who helps keep your baby healthy and growing strong.
- **Provider:** Obstetrician (OB), Nurse Practitioner (NP) and Certified Nurse Midwife (CNM), trained to care for pregnancy.
- **Umbilical cord:** Connects baby to placenta; cut after birth.

DAD/PARTNER NOTES:



YOUR TO-DO LIST

FOR FINDING CARE



Your To-Do List for Finding Care

Your Role as the “Organized One” — Even If That's Not Usually You

Important: A newborn is covered under **mom's** health insurance for **only the first 30 days**. After that, baby must have **their own policy**. To access IEHP's benefits and resources before, during and after childbirth, enroll in **Medi-Cal** and **IEHP**.

If you or baby do **NOT** have coverage, help with these steps:

Step 1

Enroll in Medi-Cal (DPSS):

- **Riverside County**
1-877-410-8827
District offices:
<https://rivcodpss.org/office-locations/more-locations>
- **San Bernardino County**
1-877-410-8829
District offices: www.BenefitsCal.com
- Or set up an online account: www.BenefitsCal.com.

Step 2

Enroll baby in IEHP:

- **IEHP Enrollment Services**
1-866-294 -IEHP (4347) | TTY 711
(Mon–Fri, 8 a.m.–5 p.m.)
- **Health Care Options**
1-800-430-4263 | TTY 1-800-430-7077
www.healthcareoptions.dhcs.ca.gov

Step 3

Select baby's pediatrician:

At www.iehp.org, choose “**find a doctor**” in the menu. Search “**Primary Care Doctor**” → Select plan (use the drop-down menu). Click “**Doctor Type**” and click “**Pediatrics**” in the drop-down menu.

Step 4

Schedule baby's first well-care visit:

- Please reschedule your baby's first well-care visit to take place when your baby is **3-5 days old**.
- Ask about setting up future well-care visits too.

Need help with any of these steps?

IEHP Member Services: **1-800-440-IEHP (4347)**

(Mon–Fri, 7 a.m.–7 p.m.; Sat–Sun, 8 a.m.–5 p.m.) | **TTY 1 800 718 4347**

Bonus Points

Add the important numbers into your phone.

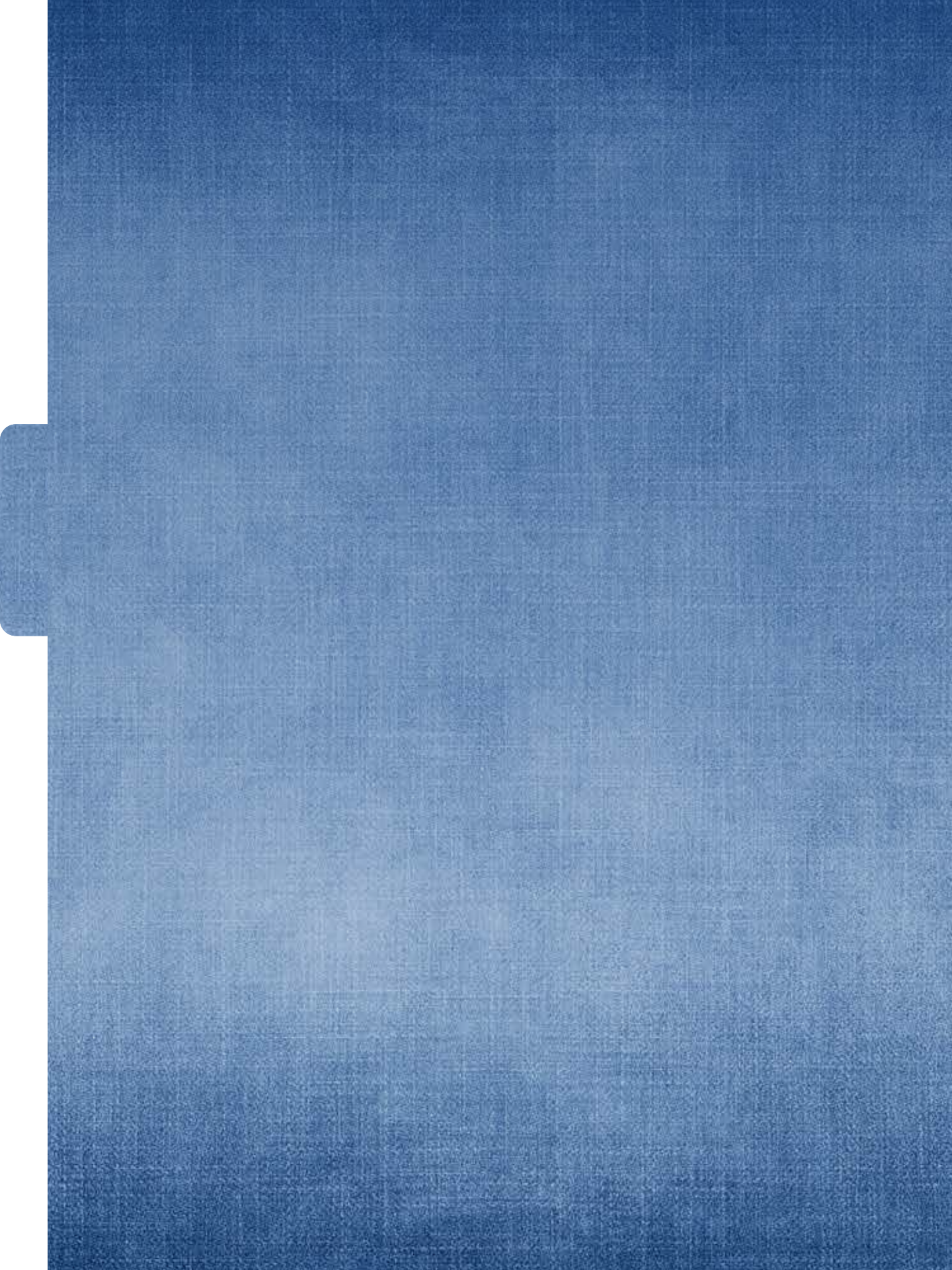
Extra bonus points:
Put reminders on mom's phone, too.



gettyimages
Credit: svetikd

DOULA SERVICES

(Your Coach, Too)



Doula Services (Your Coach, Too)

Yes, the doula also helps dads and partners.

Doulas don't replace you — they *coach* you.

They help you feel confident, useful and not like you're standing in the corner wondering what to do with your hands.



They can show you:

- Comfort techniques
- How labor progresses
- Ways to support mom physically and emotionally
- What to expect during postpartum

Good news! This is a covered benefit, which means it's absolutely no cost to you.

You're not alone. Doulas have your back, too.

IEHP-covered doula services include:

- 1 initial visit
- 8 additional visits (any mix of prenatal/postpartum)
- Emotional/physical support during labor/birth
- 2 extended postpartum visits
- +9 more postpartum visits if a provider recommends

How to get a doula:

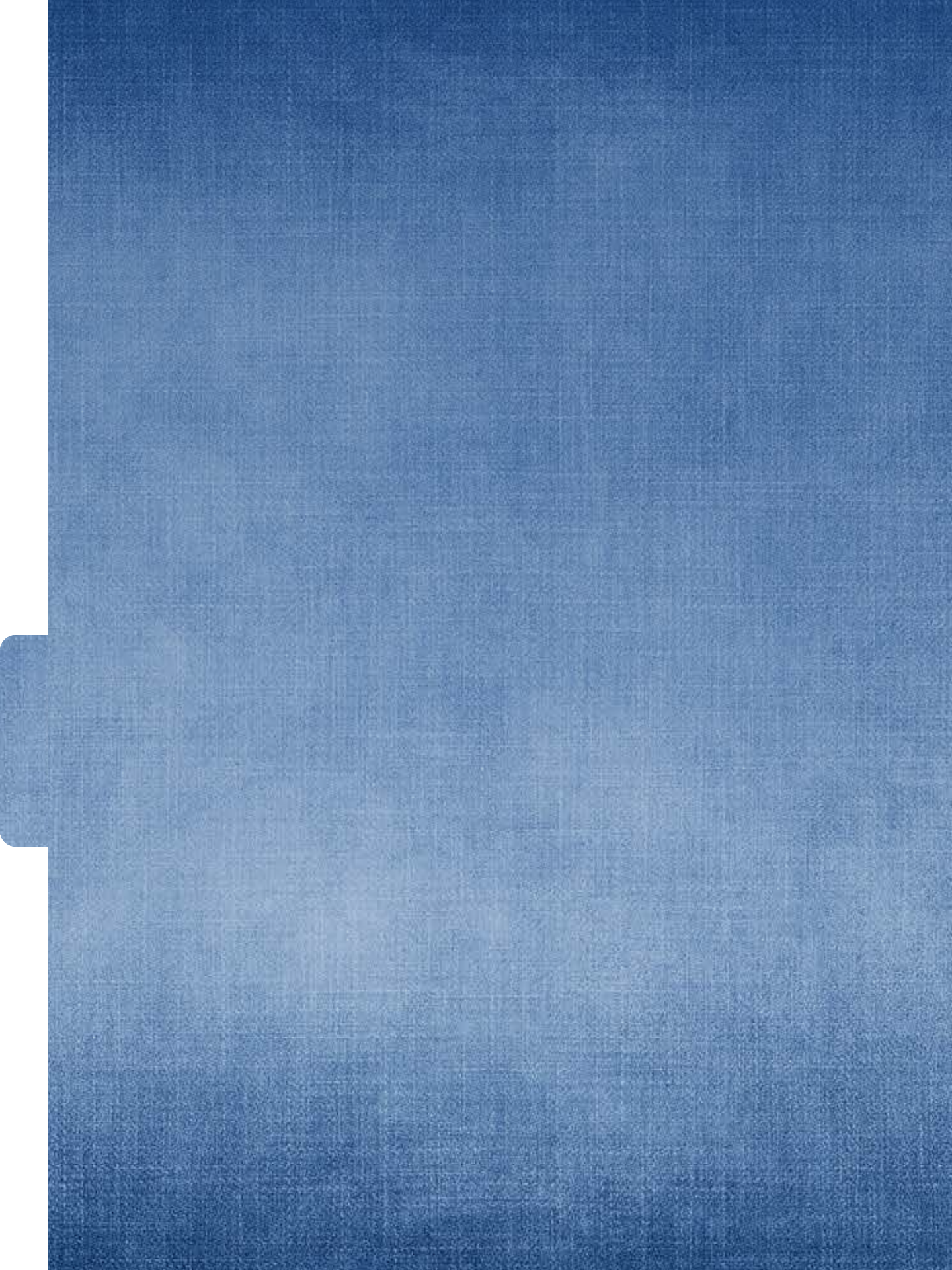
- Call IEHP Member Services: **1-800-440-IEHP (4347)**
(Mon–Fri, 7 a.m.–7 p.m.; Sat–Sun, 8 a.m.–5 p.m.) | **TTY 1-800-718-4347**
- Visit **ConnectIE.org**. Search “IEHP Doula” and the ZIP code.
Then click “Search.”
(Then scroll through the resources and follow the prompts for the one you choose.)
- Email **doula@iehp.org**

DAD/PARTNER NOTES:



PREGNANCY: HOW YOU CAN SUPPORT

**(Dads and Partners: You're More
Important Than You Think!)**



Pregnancy Overview (Partner Edition)

Pregnancy usually lasts **40 weeks**, counted from the **first day of mom's last menstrual period**. It's divided into **three trimesters**, each with its own milestones... and opportunities for you to shine as the world's best support partner.

First Trimester: Weeks 1–13

- Go to appointments. You'll score major "support partner" points and learn a lot.
- Help with snack runs, comfort and patience.
- Remember: Mom's mood swings aren't personal; they're hormonal ninjas.
- Around **7–8 weeks**, mom will have an exam, ultrasound and prenatal lab tests.
- There will be lots of visits: Help track questions, take notes and celebrate the wins.

Partner Tip:

If she suddenly needs pickles at 10 p.m., just... don't ask questions.

DAD/PARTNER NOTES:

Questions for the provider: _____

How to support mom this trimester: _____



Second Trimester: Weeks 14–27

- Celebrate baby's first kicks; they're shockingly adorable every time.
- Help ask questions during ultrasounds (bonus points if you remember the answers).
- Enjoy this “energy boost trimester” while it lasts — nesting is coming.
- Ultrasound to check fetal growth; screening tests for certain conditions.
- Baby’s organs develop; placenta grows to full size; you may feel kicks.
- Discuss preferences and start shaping your birth plan together.



Partner Tip:

This is a great time to start talking about birth preferences together (music, lighting, snacks).

DAD/PARTNER NOTES:

Questions for the provider: _____

How to support mom this trimester: _____

Third Trimester: Weeks 28–40

- Help prepare the birth plan (and maybe print it... and put it in the car... and in your phone).
- Install the car seat (no shame if you watch a YouTube tutorial).
- Learn the signs of prenatal mood changes. Your support can make a huge difference.
- Keep calm, stay supportive and be ready for anything from cravings to contractions.

Partner Tip:

Now is also the time to start practicing this soothing message:
“You’re doing amazing — what do you need?”

What’s happening medically:

- 1** Vaccines (as recommended by provider): Tdap, Flu, COVID, RSV
Flu and RSV are usually Sept–March:
 - o Tdap Date: _____ o Flu Date: _____
 - o COVID Date: _____ o RSV Date: _____
- 2** Screenings: Your provider will do tests to help ensure a healthy delivery.
- 3** Build the birth plan (with doula/midwife/provider):
 - o Screen for prenatal depression; get support if needed.
 - o Discuss postpartum contraception options with your doctor.
 - o Talk about breastfeeding support.
 - o Discuss risks/benefits of C-section.
 - o Ask which hospitals/birth centers are available.

DAD/PARTNER NOTES:

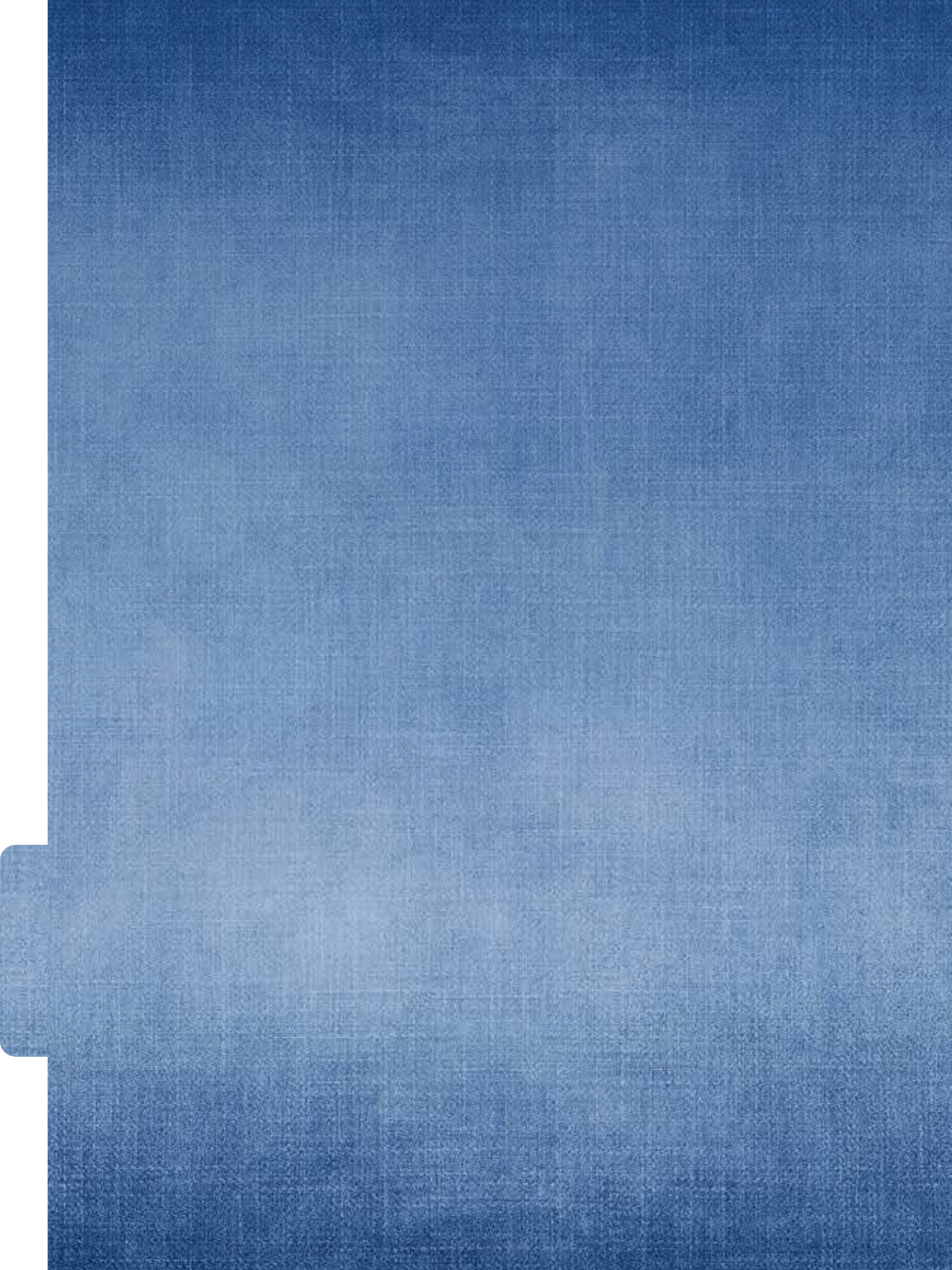
Questions for the provider: _____

How to support mom this trimester: _____



DOCTOR VISIT JOURNAL

(Partner Notes and Questions)



Doctor Visit Journal (Partner Notes and Questions)

Use these pages every visit to capture questions, recommendations and follow-ups.

Visit Log 1

• Doctor: _____

• Date/Time: _____ • Weeks of Pregnancy: _____

• Notes/Questions: _____

Visit Log 2

• Doctor: _____

• Date/Time: _____ • Weeks of Pregnancy: _____

• Notes/Questions: _____



Visit Log 3

• Doctor: _____

• Date/Time: _____ • Weeks of Pregnancy: _____

• Notes/Questions: _____



Visit Log 4

• Doctor: _____

• Date/Time: _____ • Weeks of Pregnancy: _____

• Notes/Questions: _____

Visit Log 5

• Doctor: _____

• Date/Time: _____ • Weeks of Pregnancy: _____

• Notes/Questions: _____

Visit Log 6

• Doctor: _____

• Date/Time: _____ • Weeks of Pregnancy: _____

• Notes/Questions: _____



Visit Log 7

• Doctor: _____

• Date/Time: _____ • Weeks of Pregnancy: _____

• Notes/Questions: _____

Visit Log 8

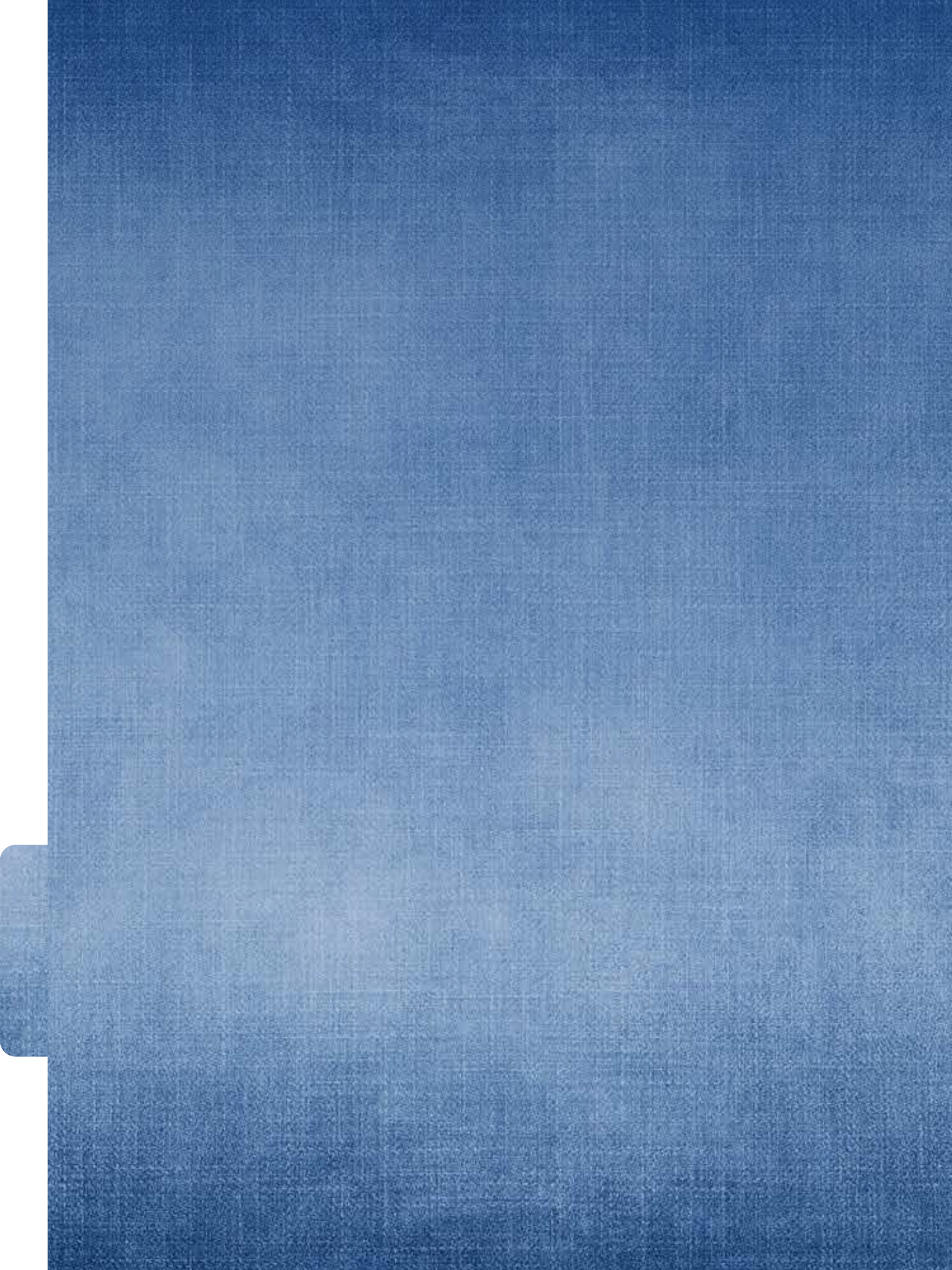
• Doctor: _____

• Date/Time: _____ • Weeks of Pregnancy: _____

• Notes/Questions: _____



PAID LEAVE FOR DADS AND PARTNERS



Paid Leave for Dads and Partners

Protect Your Job, Your Pay... and Your Precious Bonding Time.

Good news! California has your back. Partners can take protected time off work to bond with a new baby — because your baby needs you, too.

Job-Protected Leave

These keep your job safe while you're home bonding, learning to swaddle and becoming a master of diaper changes.

California Family Rights Act (CFRA)

Up to 12 weeks of job-protected leave in your baby's first year.

You're eligible if:

- You've worked for your employer 1 year or more
- You've logged 1,250 or more hours in the last year
- Your employer has 5 employees or more

Family and Medical Leave Act (FMLA)

Federal leave (unpaid but job-protected).
Eligibility depends on employer size and hours worked.



IMPORTANT: Partners do **not** use Pregnancy Disability Leave (PDL). PDL is only for the birthing parent during pregnancy and medical recovery.

Income Support

These options help cover your paycheck while you bond with your newborn.

Paid Family Leave (PFL)

Up to 8 weeks of partial pay while bonding.

As of **Jan 2025**, PFL may pay up to:

- **90%** for earnings up to \$60,000/year
- **70%** for those earning more

You're eligible if:

- You're not working because you're bonding with your newborn, adopted or foster child
- You paid into State Disability Insurance (SDI); look for "CA SDI" on your paystub
- You earned wages in the last **4–17 months**
- You apply at **www.EDD.ca.gov**



Income Support

(continued)

State Disability Insurance (SDI)

Covers people who are **medically disabled**. Usually applies to the **birthing parent** for pregnancy and recovery.

As of Jan 2025, SDI may pay up to:

- **90%** for earnings up to \$60,000/year
- **70%** for those earning more

Disability Insurance Elective Coverage (DIEC)

For **self-employed** partners who opted into DIEC.

You're eligible if:

- You purchased DIEC and paid at least **one quarter** in the past year
- You meet income thresholds (e.g., earned \$4,600/year or \$1,150/quarter average)

Unemployment Insurance

If unemployed through **no fault of your own** and actively seeking work. Requires work authorization. Apply at **www.EDD.ca.gov**.

Breastfeeding and Work Rights (Supporting Mom)

When mom returns to work, her employer must provide **lactation accommodations**: break time and a private (not a bathroom) space with a seat, surface and nearby water/electricity.

Action Timeline (Partner)

This timeline helps you **know what to do and when** so you can protect your job, secure income and get the bonding time you deserve.

Because figuring out leave shouldn't feel harder than installing the car seat.

IMPORTANT:

- Tell your employer early; give notice 30 days or more if possible.
- Apply for PFL through EDD.
- Coordinate leave with mom to maximize bonding and coverage.
- Keep track of dates/forms; follow up if anything stalls.

During Pregnancy (Trimester 2–3)

- 1. Talk to your employer early**
 - Say you're expecting a baby and plan to take bonding leave.
 - Ask HR about any company-specific forms or timelines.
 - Put important dates on your calendar now — "future you" will be grateful.
- 2. Check your eligibility for CFRA, FMLA and Paid Family Leave (PFL)**
- 3. Gather documents**
 - Pay stubs (to confirm "CA SDI").
 - Estimated due date.
 - Employer contact information.
- 4. Discuss timing with your partner**
 - Do you want to take leave right after birth?
 - Stagger your leave to extend support time?
 - Tag team like champions?

1 Month Before Baby Arrives

- 1. Make your leave plan official**
 - Give written notice to your employer (30-day notice recommended).
 - Confirm whether they need medical proof of the due date.
 - Ask how benefits (health insurance, PTO) work during leave.
- 2. Create an EDD account**
 - This speeds up your PFL application later.
 - Set up direct deposit so your benefits arrive sooner.

Baby Is Born! Hooray!

- 1. Get the birth certificate info**
You'll need it for the PFL application.
- 2. Apply for Paid Family Leave (PFL)**
You can apply as soon as your bonding leave begins, which may be:
 - right after birth,
 - after mom's PDL/SDI ends, or
 - later in the year (you have 12 months).
- 3. Save your EDD confirmation number**
This will be your golden ticket for tracking payments.

During Your Leave

- 1. Respond quickly to EDD requests**
Sometimes they ask for employer verification or missing info.
Reply ASAP to avoid delays.
- 2. Keep track of your time off**
You can split your 8 weeks or use them all at once.
- 3. Enjoy the bonding time**
This is not "vacation leave."
It is baby snuggles, diaper skills and partner support leave.

Returning to Work

- 1. Confirm your return date**
Touch base with HR beforehand.
- 2. Check pay and benefits**
Make sure everything resumes correctly.
- 3. Give yourself grace**
The first week back can be an emotional roller coaster. You've just done something amazing.



DAD/PARTNER NOTES:

Employer contact and deadlines: _____

Questions for HR/EDD: _____



BIRTH PLANNING TOGETHER

(Partner Edition)

Birth Planning Together

You don't control the birth — you support the person doing the hardest work of their life. Your calm presence, good questions and practical help matter more than you know.

IMPORTANT: Think of this section as your game-day playbook minus the stress, plus a lot of love, teamwork and snacks.

Room Setup and Comfort

Help create a calm, cozy space where mom can focus and feel supported.

- Post a “limited visitors” sign if helpful.
- Dim lights; set calming music (your playlist skills matter now).
- Bring a focal point (photo/object with meaning).
- Bring snacks, water and lip balm (tiny items, huge impact).

DAD/PARTNER NOTES:



Eating and Drinking

- When your providers determines that it's safe, mom may eat lightly and drink to stay hydrated.
- Discuss preferences about IV fluids in advance.

Pro tip: Bring her favorite drink. You'd be amazed what a difference it makes.

Movement and Labor Progress

- When your provider says it's safe, support laboring at home during early labor.
- Encourage movement/position changes (walking, standing, birth ball, rocking).
- If labor is moving normally, be patient before speeding things up.
- Ask to discuss before intentional breaking of waters.

Encourage gentle movement.

Pain Management

- Comfort measures: shower/tub, massage and counter pressure.
- IV meds or an epidural. Support mom's preferences; don't push or discourage.

Your job: calm encouragement, not coaching from the sidelines.



Monitoring Baby

- Intermittent vs. continuous monitoring — know pros/cons.
- Prefer a portable monitor if continuous monitoring is needed.

Exams During Labor

- Discuss how often mom would like cervical checks; many prefer fewer.
- If waters are still intact, regular exams may help track progress.

Birth Preferences

This is where you and mom decide what really matters on the big day.

- Pushing positions: squatting, kneeling, side-lying, back. Support her choice!
- Avoid episiotomy unless truly necessary.
- Mirror to view birth if desired.

Birth Preferences

(cont'd)

- Who cuts the cord? Support person: _____.
- Skin-to-skin on mom's chest right after birth.
- Delayed cord clamping (30–60 seconds) if safe.
- Cord blood banking? Discuss during prenatal care.
- Taking placenta home? If allowed, plan ahead (cooler required).
- If a C-section is needed, honor preferences when possible and join decisions.

Flexibility is key. Birth plans are guides, not rigid instructions.

Cesarean Preferences

Even if you're planning a vaginal birth, it's helpful to discuss this just in case.

- Keep support person with mom if allowed.
- Second support person (if allowed): _____.
- Lower screen to watch baby being born (if safe).
- One arm free so mom can touch baby (if safe).
- Who cuts the cord? Support person: _____.
- Skin-to-skin in the operating room and during recovery (when both mom and baby are doing well).

C-sections can be beautiful births, too — you're still right there for both of them.

Baby Care Choices

These are the early moments where your input really matters.

- Explain procedures before they happen.
- If baby leaves mom, support person stays with baby: _____.
- Be present for the first bath (if desired).
- Feeding plan: breastfeed only/combo/formula.
- If formula is needed briefly, request lactation support to protect milk supply.
- Circumcision (if applicable): Plan timing.

What matters most (partner):

Cultural/religious customs:



Signatures:

I've discussed and shared these preferences with our provider. I understand emergencies may change plans to ensure safety for mom and baby.

Provider's signature

Date

My (Dad/Partner) Signature: _____

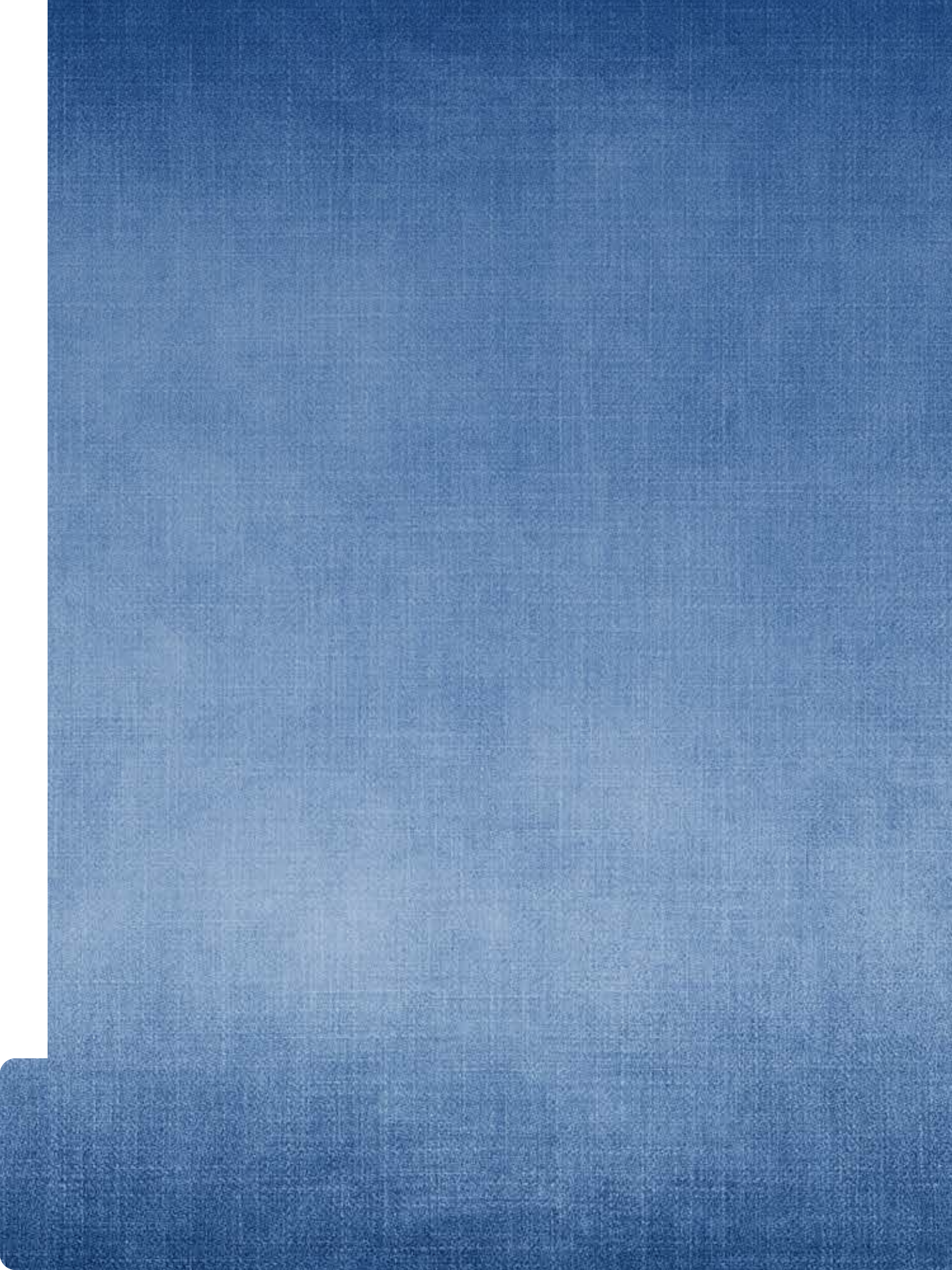
Date

DAD/PARTNER NOTES:

A stack of three wooden blocks. The top block is yellow with a purple border and the number '1'. The middle block is green with a green border and the number '2'. The bottom block is red with a red border and the number '3'.

BABY'S FIRST YEAR

(Visits, Milestones, Oral Health)



Your Newborn's Facts

Baby's Name: _____

Baby's Birthdate and Time: _____

Delivery Location/Hospital: _____

Baby's Length: _____ Baby's Weight: _____

Your Baby's Doctor

Doctor's Name: _____

Address: _____

Phone Number: _____

Coverage Reminder

Baby is only covered under mom's plan for the **first ~30 days**.

Enroll baby in **Medi-Cal** now, then call **IEHP Enrollment Services** to get your baby's IEHP member card for scheduling visits (see coverage section).

Your baby's IEHP member card number:

Need help?

IEHP Member Services

1-800-440-IEHP (4347)

TTY 1-800-718-4347

(Mon–Fri, 7 a.m.–7 p.m.; Sat–Sun, 8 a.m.–5 p.m.)



Week of Delivery - at the Hospital

Newborn (during hospital stay):

- **Physical exam:** weight/length/head size; muscle tone; hips.
- **Screenings:** hearing, bilirubin and heart disease.
- **Immunizations:** Hepatitis B (1st dose and Vitamin K).
- **Breastfeeding support** available — ask early.

My Questions for the OB:

Before Going Home:

- Baby's **Social Security Number**. Ask the hospital for a copy of the application they submitted on your behalf. This will be helpful in finding the application with the Social Security office in case of a delay.
- **Birth certificate** and certified copies. Order more copies than you think you need.

Make baby's 3–5-day follow-up appointment:

- Time: _____
- Date: _____
- Number: _____

Make mom's postpartum visit (within 3 weeks):

- Time: _____
- Date: _____
- Number: _____

First Week Home

Visit (first week):

- Physical exam; weight/length/head; muscle tone; hips.
- Newborn blood tests (if not done in hospital).
- **Screening:** hearing.
- **Immunization:** Hepatitis B (if not given in hospital).



1-Month Visit

What to Expect:

- Physical exam; growth checks; hips; blood tests; hearing
- **Immunization:** Hepatitis B (2nd dose)

Questions:

2-Month Visit

What to Expect:

- Physical exam; growth; hips; hearing
- **Immunizations:** HepB (if not at 1 month), Rotavirus (1st), DTaP (1st), Hib (1st), PCV (1st), IPV (1st)

Questions:

4-Month Visit

What to Expect:

- Physical exam; growth
- **Immunizations:** Rotavirus (2nd), DTaP (2nd), Hib (2nd), PCV (2nd), IPV (2nd)

Questions:



6-Month Visit

What to Expect:

- Physical exam; growth
- **Oral health:** fluoride varnish when first tooth appears
- **Screening:** TB risk assessment
- **Immunizations:** HepB (3rd), Rotavirus (3rd as needed), DTaP (3rd), Hib (3rd), PCV (3rd), IPV (3rd), Flu (1st)

Questions for Pediatrician:

9-Month Visit

What to Expect:

- Physical exam; growth
- **Oral health:** fluoride varnish (if not completed)
- **Screenings:** Lead (if not completed), Developmental

Questions:

12-Month Visit

What to Expect:

- Physical exam; oral assessment; fluoride varnish if needed
- **Screenings:** Developmental, Lead (if not completed), TB and anemia risk assessment
- **Immunizations:** HepA (1st), HepB (4th), Hib (3rd if not at 6 months), PCV (4th), Flu (2nd), MMR (1), Varicella (1)

To learn
more:

See the 2026 Immunization-Timing Chart on **iehp.org**.



Infant Oral Health

Make baby's first dental visit when the first tooth appears or by the first birthday (whichever comes first).

Dental coverage is part of **Medi-Cal**.

- Learn more:
www.smilecalifornia.org
- Medi-Cal Dental Program:
1-800-322-6384
(Mon–Fri, 8 a.m.–5 p.m.)



DAD AND PARTNER TASK CHECKLIST

Before Baby Arrives

- ☐ Save important numbers (OB, hospital, IEHP, doula, pediatrician).
- ☐ Attend prenatal visits; take notes; ask questions.
- ☐ Help enroll baby in Medi-Cal after birth; enroll baby in IEHP.
- ☐ Choose a pediatrician and schedule first visit (3–5 days post discharge).
- ☐ Install the car seat.
- ☐ Prep baby gear (crib, stroller, monitor, etc.).
- ☐ Pack hospital bag (add snacks, chargers, comfy clothes).
- ☐ Set appointment reminders for mom's prenatal/postpartum care.

Birth Prep and Labor Support

- ☐ Know the birth plan and preferences.
- ☐ Bring comfort items (music, focal point, water bottle, lip balm).
- ☐ Offer physical support (counter pressure, massage).
- ☐ Be the calm advocate; help ask questions.
- ☐ Keep people in the room positive and focused.

After Baby Arrives

- ☐ Schedule pediatric visits; attend checkup.
- ☐ Handle paperwork (birth certificate, SSN, insurance).
- ☐ Take late-night shifts when possible.
- ☐ Support feeding: Bring water/snacks, call lactation help if needed.
- ☐ Change diapers, learn swaddles, celebrate small wins.
- ☐ Watch for signs of postpartum depression/anxiety; encourage care.
- ☐ Keep visitors organized and gentle on mom's energy.
- ☐ Help with home tasks (laundry, dishes, meals).

Bonding with Baby

- ☐ Do skin-to-skin contact.
- ☐ Talk, sing and read (your voice matters!).
- ☐ Practice safe sleep routines.
- ☐ Learn baby's cues (hungry, tired, overstimulated).
- ☐ Take baby for short walks (fresh air helps).

Your Self-Care

- ☐ Rest when you can; accept help.
- ☐ Take short breathers when overwhelmed.
- ☐ Stay connected with your support system.
- ☐ Celebrate progress. You're doing great.



Extra Visits Log

Visit Date/Time: _____

Doctor: _____

Where: _____

Notes: _____

Visit Date/Time: _____

Doctor: _____

Where: _____

Notes: _____

Visit Date/Time: _____

Doctor: _____

Where: _____

Notes: _____



Baby's Developmental Milestones (Birth to Age 2)

Developmental milestones are skills most children learn as they grow, like smiling, sitting up, talking, or walking. These milestones help show how a child is growing and changing over time.

Age	Social language and self-help	Verbal language (expressive and receptive)	Gross Motor	Fine Motor
Newborn – 1 Week	Makes brief eye contact	Cries with discomfort	Reflexively moves arms and legs	Holds fingers closed
1 Month	Calms when picked up or spoken to Looks briefly at objects	Alerts to unexpected sound Makes brief short vowel sounds	Holds chin up in prone	Holds fingers more open at rest
2 Months	Smiles responsively (i.e., social smile)	Vocalizes with simple cooing	Lifts head and chest in prone	Opens and shuts hands
4 Months	Laughs aloud	Turns to voice Vocalizes with extended cooing	Lifts head and chest in prone	Keeps hands unfisted Plays with fingers in midline Grasps object
6 Months	Pats or smiles at reflection Begins to turn when name called	Babbles	Rolls over prone to supine	Reaches for objects and transfers Rakes small object with 4 fingers Bangs small object on surface
9 Months	Uses basic gestures (e.g., holds arms out to be picked up, waves “bye-bye”) Looks for dropped objects Picks up food with fingers and eats it Turns when name called	Says “Dad” or “Mama” nonspecifically	Supports on elbows and wrists in prone	Picks up small object with 3 fingers and thumb Releases objects intentionally Bangs objects together

(continued on next page)



Baby's Developmental Milestones (Birth to Age 2, continued)

Age	Social language and self-help	Verbal language (expressive and receptive)	Gross Motor	Fine Motor
12 months	Looks for hidden objects Imitates new gestures	Says "Dad" or "Mom" with meaning Uses 1 word other than "Mom" or "Dad" or personal names Follows a verbal command that includes a gesture	Takes first independent steps Stands without support	Drops object in a cup Picks up small object with 2-finger pincer grasp Picks up food and eats it
15 Months	Imitates scribbling Drinks from cup with little spilling Points to ask for something or to get help	Uses 3 words other than names Speaks in sounds that seem like an unknown language Follows directions that do not include a gesture Looks around when parent says, "Where is...?"	Squats to pick up objects Crawls up a few steps Begins to run	Makes mark with crayon Drops object into and takes object out of container
18 Months	Engages with others for play Helps dress and undress self Points to pictures in book Points to object of interest to draw attention to it	Uses 6 to 10 words other than names Identifies at least 2 body parts	Walks up with 2 feet per step with hand held Sits in small chair Carries toy while walking	Scribbles spontaneously Throws a small ball a few feet while standing

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IEHP Resources



Dads and Partners Resources

iehp.org/dads



Maternity Resources

iehpmoms.org



Doula Services

doula@iehp.org



Member Services

1-800-440-IEHP (4347)

TTY 1-800-718-4347

Mon–Fri, 7 a.m.–7 p.m.;

Sat–Sun, 8 a.m.–5 p.m.

For more information, visit
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