

Expectations - Mother

Once your new baby arrives, there will be a lot more going on in your lives. Life as you know it will change forever, in good ways and in not so good ways. Imagine for a moment that your baby has arrived. What can your partner do to help with the care of your baby, to make life a little easier for you and to help your partner bond with your baby?

Please think about what percentage of each of the following tasks your partner will be able help with when he or she is at home:

	100%	90%	80%	70%	60%	50%	40%	30%	20%	10%
Changing diapers										
Bottle feeding										
Calming the baby										
Burping the baby										
Taking the baby for a walk										
Dinner preparation or take out										
Baby care while your partner naps										
Laundry										
Housecleaning										

List everything you're worried about after the baby arrives:



List 25 Things That Make You Happy

(Sun on your face, fresh flowers, blueberries, a hot bath, music, a clean bathroom, etc.)

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