

Two Weeks at Home

This list is designed to help you check in with your partner, so keep it handy for the two-week milestone for your new family.

How is the Baby Doing?

Probably just fine, and a good reminder. You and Mom can address any issues together.

How Well are We Caring for Baby?

Tell Mom how you think she's doing and how you're doing. Get her take on herself as a mom and you as a dad. Celebrate that the three of you have made it this far!

How is Mom Feeling?

Time for her to honestly tell you what she's feeling and experiencing; you may be the only one she tells.

How is Dad doing?

This question rarely gets asked because the focus is on mom. Your take may surprise her.

Get out of the house plan

At two weeks, try to get Mom out alone and trust you to take care of the baby.

How is our village doing?

You're settling in for the long haul; does your village understand what you do and do not need? Are you taking full advantage of grandparents? Do she have a moms network?

What have we done well?

A lot, so give yourselves credit. Cover the basics; do we keep Baby warm, clean, fed, rested and loved?

What do we want to do better?

There may be something. You can also address future needs so you're ready when the time comes.

How can we get more sleep?

Are you sleeping when you can? This is a good time to consider pumping as a means of getting the vaunted four hours of sleep.

What are you missing the most?

Other than sleep, two weeks may be too early for this one. It is good to think about getting back some of the things you miss, like each other.

How Can I Make Your Life Easier?

Maintain the theme of your parenting partnership; the alternatives stink.

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