

# { dad's to-do checklist

Once the contractions begin, you're off, so take a moment to prepare ahead of time.

## what to do

- keep the car gassed up as your partner's due date approaches (unless you'll be taking a cab)
- know the route to the hospital and the correct entrance
- call the doctor when contractions begin and wait for the doctor's instruction to go to the hospital

## what to bring

- insurance card/information
- your partner's bag
- car seat for the trip home
- list of who to call (family, friends, the office)
- wrist watch (for timing contractions)
- phone card, change or cell phone (for use outside the hospital) and charge cord
- overnight kit with toiletries, change of clothes
- personal medication (if any)
- glasses, contact lenses with case and solution
- snacks and beverages
- portable CD player with music
- reading material, videotapes, games
- video camera and still camera with extra tapes, film or memory cards and batteries
- pad and pen for notes
- book of baby names (even if you've decided—you may change your mind when you actually see the baby)
- perhaps a greeting card and a small gift for your partner to celebrate her new motherhood

