

Partner's Expectations

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 you do to help with the care of your baby, to make life a little easier for your partner and to help you bond with your baby?

Please think about what percentage of each of the following tasks you will be able to do when you are 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 five simple things that make your partner happy:
