

# Pregnant Person'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 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 she, he, or they 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:

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List five simple things your partner can do to make you happy:

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