

New Dad Checklist

This checklist is designed for dads entering fatherhood after 40. Use it to prepare, prioritize, and protect what matters most — your health, your family, and your peace of mind.

Preparing for Baby

Start with the basics — what your baby needs, and what you'll need to feel confident when they arrive.

- ☐ Enroll in a new dad class (online or in person)
- ☐ Choose a diaper bag that fits your style and needs
- ☐ Select and install a safe, rear-facing car seat
- ☐ Get a bassinet — most babies will start in your room, not the nursery
- ☐ Pack a hospital bag early — include snacks, toiletries, and chargers for both parents

Household Prep

Your home doesn't have to be perfect, but it should be ready to support the early months of parenthood. It is okay if the nursery is not ready on day one.

- ☐ Talk with your partner about sharing baby care responsibilities
- ☐ Plan ahead for paternity leave (if available)
- ☐ Stock up on newborn essentials (diapers, wipes, bottles, burp cloths)
- ☐ Set up a simple baby care station in your bedroom or living room

Prioritize Your Health

A healthy dad is a present dad. Make sure you're up to date and physically ready for the demands ahead.

- ☐ Schedule a checkup with your primary care physician
- ☐ Complete age-appropriate screenings (prostate, colonoscopy, cholesterol, etc.)
- ☐ Reflect on your energy, diet, and fitness — start small sustainable changes now
- ☐ Create a wellness plan that supports being active and present as your child grows

High Risk Pregnancy

If your partner's pregnancy is considered high-risk, your preparation matters even more.

- ☐ Attend OB/GYN and perinatologist appointments when possible
- ☐ Tour the hospital — ask if it has a NICU and neonatologist available
- ☐ Have a clear conversation with your partner about her wishes if complications arise during delivery

Plan for the Future

Protect your child's future by getting your legal and financial plans in order now.

- ☐ Draft or update your will and/or living trust
- ☐ Discuss guardianship — who would care for your child if you and your partner could not?
- ☐ Review or increase life insurance coverage
- ☐ Open a 529 college savings account — and share it with family as a gift option

Emotional & Mental Prep

Becoming a dad later in life brings unique emotions — give yourself grace and space to adjust.

- ☐ Remind yourself: it's normal to feel overwhelmed — grace is essential
- ☐ Start a journal or prayer journal to reflect on the journey
- ☐ Connect with at least one other dad (in person or online)
- ☐ Remember: you don't have to do this perfectly to do it well