Partner Conversation Checklist

# ✅ Partner Conversation Checklist (English)

\_A tool for couples preparing for parenthood together\_

Before baby arrives, take time to talk about the big (and little) things. Use this checklist to get the conversation started:

## 💬 Parenting Beliefs & Values

* - What kind of parent do I hope to be?
* - What values do we want to teach our child?
* - What did we love about our own childhoods—and what do we want to do differently?

## 🛠️ Roles & Responsibilities

* - Who’s doing what during the newborn phase (nighttime, diapers, feeding)?
* - How will we support each other when we’re both exhausted?
* - How do we feel about asking for help or hiring support?

## 💖 Relationship & Connection

* - How can we stay connected as a couple?
* - What does support look like for each of us?
* - How can we protect time for just us—even if it’s 10 minutes a day?

## 🧠 Mental Health & Emotions

* - How will we check in with each other emotionally?
* - What’s our plan if one of us experiences postpartum anxiety or depression?
* - What helps us feel seen and cared for?

## 🏡 Family & Lifestyle

* - How do we want to handle visitors after birth?
* - How do we feel about involving family in childcare?
* - What traditions or routines do we want to create as a family?

## 💵 Finances & Practical Planning

* - What’s changing about our budget with a baby?
* - Who’s handling bills, planning, and expenses?
* - What’s our plan for childcare or parental leave?