

Positive Parenting Checklist for New Parents

Use this checklist as a gentle guide to build positive habits during the early months of parenthood. Each item helps nurture both parent and baby, creating a calm and connected environment.

- Move with your baby daily—gentle dancing or walking to release endorphins (Go).
- Practice slow breathing when the baby cries to calm yourself and your baby (Inhale).
- Eat nourishing meals and snacks to maintain your own energy and health (Feed).
- Give plenty of gentle, loving touch to help your baby feel secure (Touch).
- Remind yourself that your body is the baby's first environment—your calm supports their development.
- Take short breaks when possible and accept help from friends or family.
- Speak kindly to yourself; avoid self-criticism when challenges arise.
- Celebrate small wins each day, like a peaceful feeding or shared smile.
- Keep a simple daily rhythm instead of a strict schedule to reduce stress.
- Reach out for support if you feel overwhelmed—parenting is a shared journey.