

Things Every Dad Should Know

The practical stuff no one tells you

STILL DAD

MEDICAL

- Know their pediatrician's name and number
- Know their dentist's name and number
- Know every allergy: food, medication, environmental
- Know current medications and exact dosages
- Know their blood type if possible
- Know the nearest urgent care and ER
- Have a copy of their insurance card
- Know their insurance group and member ID
- Know their last physical date and any ongoing conditions

SCHOOL

- Know every teacher's name and how to reach them
- Know the school nurse and office number
- Know the school's start/end time and early release days
- Know how pickup and dropoff works
- Know their best friend's name and parent contact
- Know how to access the parent portal or grade system
- Know when report cards come out
- Know if there are any IEPs, 504s, or learning accommodations
- Know what to do when they are sick and can't go to school

You don't have to know all of this on day one. Build this knowledge over the first few months. The goal is to never need to ask the other parent for basic information about your own kids.

LEGAL

- Know your custody schedule cold: every detail
- Know your exchange times, locations, and protocols
- Know what constitutes a violation of your order
- Know the process for requesting a modification
- Know who your attorney is and how to reach them fast
- Have a copy of your order accessible on your phone

EMERGENCY

- Know two emergency contacts beyond yourself
- Know what to do if a child is injured on your watch
- Know where the nearest hospital is from your home
- Know your kids' school's lockdown and emergency policy
- Have a first aid kit in your home and your car
- Know your kids' SSNs (stored securely, not memorized)
- Know what to do if a child is not returned at exchange time

DAILY LIFE

- Know their clothing and shoe sizes right now
- Know their current favorite meal and comfort food
- Know their bedtime routine: in order
- Know what helps them calm down when upset
- Know their best friend's name
- Know their current obsession (show, game, hobby)
- Know what they are scared of
- Know what they are proud of
- Know what they are working on getting better at
- Know what question they've been asking lately

KEY NUMBERS: FILL IN

Pediatrician

School office

School nurse

Attorney

Nearest ER
