FOR NEW PARENTS

The New Parent's Guide to Life Insurance

5 min read · Guensdy Paulemon, Independent Life Insurance Broker

Bringing a new baby home changes almost everything — including how much your family depends on you financially. If you don't already have life insurance, or haven't looked at it since before the baby arrived, this is the moment it matters most.

Why timing matters right now

Life insurance gets more expensive as you get older, and health changes can affect your eligibility later. Locking in coverage while you're young and healthy is one of the few financial moves that only gets more expensive the longer you wait.

How much coverage do new parents typically need?

A common starting point is 10-15x your annual income, though the right number depends on your mortgage, debts, and how many years of income replacement you want to cover.

The mix-up almost every new parent makes

> Beneficiary ≠ Guardian. Naming your child as a life insurance beneficiary doesn't appoint a legal guardian for them. Most parents name their spouse or a trust, and separately name a guardian in their will.

A quick starter checklist

- Decide on a coverage amount based on income replacement + debts
- Choose Term Life for affordable, timeline-based protection
- List your spouse (or a trust) as beneficiary — not your child directly
- Name a legal guardian in your will (separate from insurance)
- Revisit your coverage after each additional child

Bringing home a new addition?

Let's talk through your specific situation — no pressure, no obligation.

Book Your Free 20-Minute Life Meeting → paulemonpwg.com/index.html#booking