

A GUIDE TO THE FIRST WEEK AT HOME

For Mom and Baby

Congratulations...

Bringing a new baby home is a joyful and transformative time. To help ease this transition, here's a simple checklist for the first week at home with your newborn:

For Baby

- Feeding Needs- Ensure you have all you need for breastfeeding, like nursing bras, nursing pads, breast pump, storage bags/bottles, or have formula and bottles ready
- Diapering Essentials-Stock up on diapers and wipes and prepare a designated changing area with diapers, wipes, balms or creams, and a change of clothes within reach
- Clothing-Gather a variety of onesies, sleepers, socks, light-weight blankets and hats depending on the temperature in your home
- Safe Sleeping-Make sure the crib or bassinet is ready with a firm mattress and nothing else in the bed. Use swaddles or sleep sacks for secure and restful sleep.
- Bathing Basics-Have a gentle (unscented) soap/shampoo, and a baby basin. Keep towels and washcloths within arm's length, so baby is never left unattended while in water. (Sponge baths are recommended until baby's umbilical cord has fallen off)
- Health and Safety-A thermometer for checking baby's temperature. once a day for the first week or at any symptom of illness, Baby-safe nail clippers or a fine emory board to file baby's nails, and a basic baby first-aid kit that includes a bulb syringe

For Mom

- Postpartum Care
 - Stock up on maternity pads and comfortable underwear, homemade or store-bought ice maxi pads (padsicles), Dermoplast spray, Tucks cooling rounds or witch hazel
 - Use a peri bottle for hygiene and soothing after birth.
- Hydration and Nutrition
 - Keep water close to stay hydrated.
 - Easy snacks/protein to maintain energy.
- Rest and Comfort
 - Create a cozy space for nursing or feeding with pillows.
 - Rest whenever the baby sleeps.
 - A light walk in the sunshine with baby will do you both good!

- Support System
 - Have emergency contacts and your pediatrician's number ready.
 - Welcome help from family or friends.

Household Preparations

- Cleaning Needs
 - Use gentle, baby-safe cleaning products.
 - Choose a mild unscented detergent for baby clothes.
- Meal Planning
 - If possible, prepare some meals in advance or accept help with meals from loved ones.

Emotional Well-being

- Most new moms will get the baby blues, related to hormonal changes. This should go away once hormones level out- usually after a couple of weeks. Keep your support system aware of how you're feeling so you don't feel like you have to handle emotional changes alone.

Remember, you are not alone on this journey. Lean on your community and cherish every moment with your new blessing!