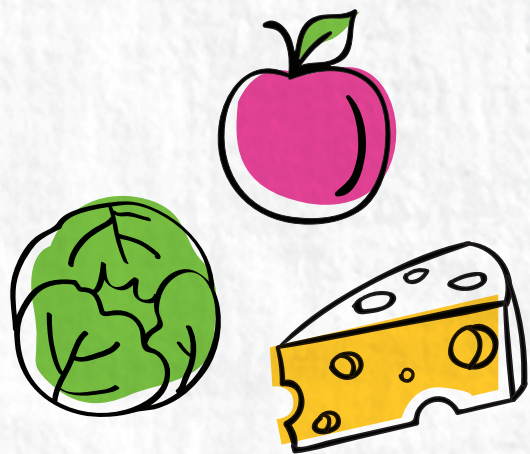


TRANSITIONING HOME WITH A NEW BABY

Don't be surprised if you have mixed emotions about bringing your baby home. It's OK to be nervous, and normal to feel uncertain or overwhelmed – maybe you're even a little terrified! Trust that these feelings won't last forever, and consider these tips to ease the transition.

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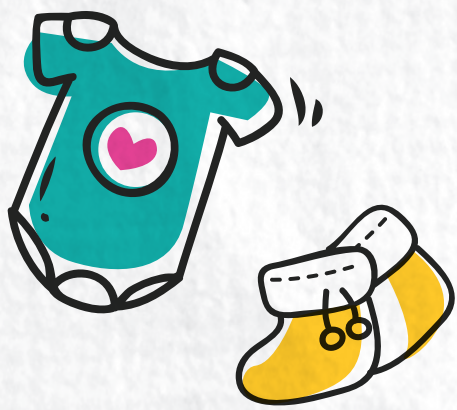
1



Stock your fridge.

Before going to the hospital, make sure your fridge and freezer are stocked with meals and snacks. When you first get home from the hospital with your new little person, you may not have the time or energy to cook – but you'll definitely be hungry!

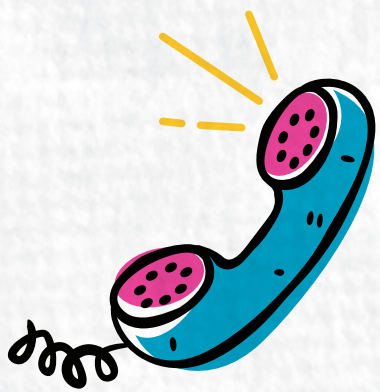
2



Stick to easy outfits that are comfortable for you and your baby.

Dress your baby in cozy clothes that will be gentle on their healing umbilical cord. And choose zippers over buttons! This will make diapering easier. And moms, if you're nursing, make sure whatever you're wearing on top has easy nursing access.

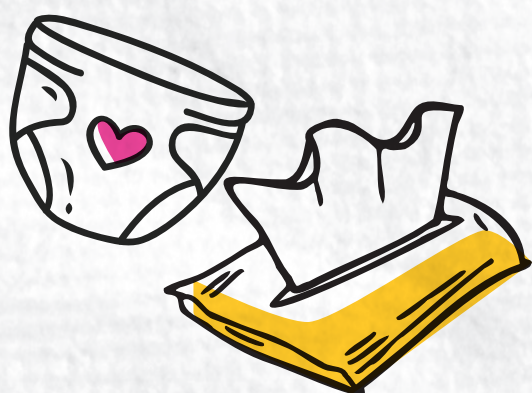
3



Have a support team – and call on them.

"It takes a village," right? Right. Because everyone needs someone they can talk to, or cry with, or call to please come over and hold their baby for a bit so Mom can take a shower. And don't be afraid to call the doctor if you have questions or concerns!

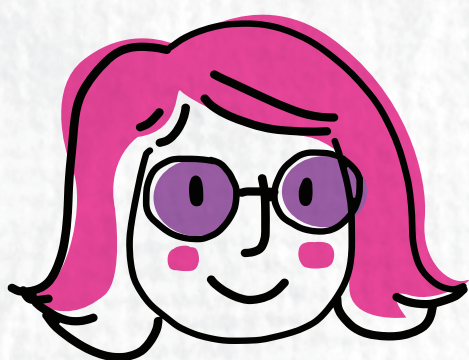
4



Make a portable diaper station.

If the changing table is upstairs but you plan to be on the couch with your baby most of the day, fill a basket with the essentials to have next to you: diapers, wipes, creams, burp cloths, and an extra outfit.

5



Make Mom a priority.

It's important for new moms to rest and heal. Having a baby is a big deal and your body goes through a lot! Talk to your OB/GYN about your postpartum personal care needs and do what you can to monitor your moods. All moms experience some "baby blues," but if you're feeling sad or overwhelmed for prolonged periods of time, ask for help as soon as you can!

6



Have a nighttime plan.

Nights can be difficult – you're tired and everything is new for both you and your baby. It can help to have a plan and communicate with your partner about who is on duty for overnight feeding, diapering, and settling.

7



Avoid expectations.

Bringing a new baby home is a huge transition; don't expect too much from yourself. Try to take it day by day and moment by moment. Enjoy all the snuggles that you can and remind yourself that just holding your baby is precisely what you should be doing.

