



Preparing for the
**First Three Weeks
of Life with a Newborn**

230 Practical Tips

by Linda Pollock

Preparing for the First Three Weeks of Life with a Newborn

230 Practical Tips

This booklet is written specifically for you—the new mother—to help you ease into the transition of life with a newborn. The first three weeks are a time like no other, as you have experiences that never occur during any other period in your life. It can be a wonderful and elating time and, simultaneously, quite challenging. The key question for most new mothers is:

How do I make it through the first few weeks without going into overwhelm?

The tips in this booklet are presented in an easy-to-read format to give you an overview of what to expect and list some simple things you can do to make the transition smoother for you and your child. This booklet contains four sections:

1. Before Your Baby Arrives

- ≈ Planning Ahead, 1-20
- ≈ Before Going to the Birth Center, 21-37
- ≈ Preparing the Nursery, 38-53

2. After Your Baby Arrives

- ≈ While at the Birth Center: Post-Delivery, 54-61
- ≈ Caring for Your Body: Post-Delivery, 62-83
- ≈ Feeding Your Newborn, 84-119
- ≈ Diapering, 120-144

3. Establishing Your New Life at Home

- ≈ No, You Haven't Lost Your Mind, Even Though it Feels Like it, 145-155
- ≈ Family, Friends and Caretakers, 156-161
- ≈ Managing Daily Living, 162-172
- ≈ Well-Baby Visits: Your Child and Their Health-Care Provider, 173-181
- ≈ Easing the First Outings, 182-199

4. As Your Baby Grows

- ≈ Handy Tips as You Look Ahead, 200-230

Quite often a new mother will find that there is at least one unexpected surprise that catches her off guard and asks, “Why didn't somebody tell me that?” Hopefully, these tips will eliminate some of those surprises and make the adjustment to your new life easier for you and your family.

Congratulations!

BEFORE YOUR BABY ARRIVES

≈ *Planning Ahead* ≈

- 1** Create a master shopping list with groceries, household items and brands so someone else can shop for you.
- 2** Stock up on household goods as your due date nears, so you don't have to shop immediately after your baby is born.
- 3** Prepare and freeze meals in advance or arrange for someone else to cook during your first week home.
- 4** Take an infant CPR and first aid class. Ask others who will have regular contact with your child to also take the class.
- 5** Buy basic infant medical supplies: a baby thermometer, small bandages and acetaminophen. Check with your pediatrician for additional recommendations.
- 6** Add the phone numbers of the pediatrician and poison control to your mobile phone book.
- 7** Post important telephone numbers and addresses near the phone. Include your contact information plus the names and contact information for family members, doctors, the hospital, care providers and poison control.
- 8** Get the book *Secrets of the Baby Whisper*, by Tracy Hogg and Melinda Blau, and flag the crying and body language charts. Keep the book readily available; it is an instruction manual to understanding your newborn and invaluable when you have a crying child in your arms.
- 9** Do a noise check. Adjust banging doors, oil squeaky cabinets and take care of other sounds that could be loud enough to wake a sleeping baby.
- 10** Put nightlights in each room where you'll do an activity for your child at night; that way, you won't have to use overhead lights.
- 11** Pre-arrange pet care. Write out and review instructions with caretakers, make sure they have a key and clarify who will notify them when it is time.
- 12** Remove unattached items from inside your vehicle because they could become dangerous during a sudden stop. Decide where to safely store the diaper bag and how to secure the stroller.
- 13** Learn how to properly install the car-seat in your vehicle. Get instructions from the local police or personnel at the store where you bought the seat.

- 14** Practice securing a doll in the car-seat before bringing your newborn home; it helps build your confidence for the first time you secure your own child.
- 15** Test-drive strollers you are considering. Take into account the steering, weight, setup and collapsibility and additional features like storage, a reclining seat, umbrella top and locking wheels. Think of how and where you plan to use the stroller, then test it to make sure it meets your needs.
- 16** Assemble and practice using the baby equipment before your child is born; this makes functioning easier once your child arrives home.
- 17** Make an all-in-one announcement and thank you list. Include the names and addresses of people to send announcements to, a space to write gifts received and a place to indicate when a thank you has been sent.
- 18** Purchase or design announcements and address and stamp the envelopes ahead of time. Once the baby arrives, ask someone else to complete and send them.
- 19** Buy thank you notes and postage before your due date.
- 20** Simplify the thanking process. Keep the all-in-one list, thank you notes and stamps in one location and place all incoming gifts there until you can add them to your list and/or write the thank you.

≈ Before Going to the Birth Center ≈

- 21** Contact your health insurance provider prior to the birth. Ask about facilities covered, pre-authorization, how to include your newborn on your policy and the time frame to complete the process.
- 22** Tour the birthing facilities you are considering. Check if your practitioner delivers there, who can be present during the birth and if the policies differ based on the type of delivery (vaginal or cesarean).
- 23** Ask the birthing facility about pre-registration, daytime and after-hours entrances, parking, visitor hours and restrictions on visits by minors.
- 24** Check the food and cafeteria options for yourself and your visitors.
- 25** Simplify what you bring to the birth center: personal toiletries, slippers, special foods or beverages, the book *Secrets of the Baby Whisperer*, paper and pen, camera and extra batteries and two different-sized baby outfits.
- 26** Pack sweet and salty snacks, protein items, foods you craved during your pregnancy and a beverage of choice to have when you need a little extra to eat or the cafeteria is closed.

ABOUT THE AUTHOR



THE SIMPLIFYING LADY

MAKING LIFE EASIER

Written during the first three weeks after the author gave birth to her first child and revised within days after the birth of her second child, these tips were conceived and delivered “in the moment.” As someone who definitely did not feel “like a natural” at becoming a Mom, Linda faced a steep learning curve with little time to read books and find answers. Knowing that she hoped to have a second child, she wrote the initial tips for herself as a reminder of what to expect, and to evaluate where she could simplify things the next time around.

As Linda met and talked with other new Moms, she heard two common themes:

1. The “Why didn’t someone tell me that?” moment of surprise regarding the delivery and the first few weeks.
2. What would it take to put some practical and helpful information in a quick-to-read and reference format?

Linda, a Professional Organizer and Coach (known as “The Simplifying Lady”) and a writer decided to address those needs and share her tips with other new Moms to help ease and simplify life during this unique period of time.

Linda Pollock—The Simplifying Lady

Linda Pollock Companies, LLC

14909 Excelsior Blvd., Minnetonka, MN 55345

www.SimplifyingTips.com ▪ Linda@SimplifyingTips.com

952.405.6910

This booklet is available for licensing. Contact Linda for information.

© 2009 Linda Pollock Companies, LLC. All rights reserved. No part of this publication may be reproduced or electronically transmitted without prior written permission.