

Your Newborn

-a quick reference-

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EAT

Day 1-2:

Sleepy. Eats 5-15 times in 24h.

Day 3-5:

Hungry! Eats nonstop.

Day 6+:

Figuring it out. Eats 10-15 times in 24h.

SLEEP

Day 1-2:

Long, deep stretches of recovery sleep.

Day 3-7:

Short, 20 minute bursts of sleep in between eating.

Day 8+:

Longer, more regular sleeping intervals of 90min-2hrs.

POOP

Day 1-3:

Molasses. 1-3 diapers larger than a quarter. Pee can be clear or have orange-red brick dust in it.

Day 3-5:

Kale Smoothie. 3-5 diapers larger than a quarter. Pee is clear, frequent.

Day 5-7:

Tofu Curry. 5-7 diapers larger than a quarter. Pee is clear and prolific.

CRY

Week 1-2:

Not much. If feeding cues are missed, or during diaper changes.

Week 3-8:

Lots. Use soothing, frequent feeding, babywearing, and skin to skin to survive.

Week 10+:

Less. Usually when hungry, angry, lonely, tired, in pain, or overstimulated.

skin-to-skin is the best trick for fixing anything and everything!