

YOUR NEWBORN

- a quick reference -
2nd edition

Brought to you by Bryna Sampey, IBCLC www.doulamysoul.com

Diapers

Diapers=Day of Life (for the first week)

BMs are larger than a quarter

Pee is prolific and clear

Molasses ☞ Kale Smoothie ☞ Tofu Curry

 6-8/DAY 

Eating

Day 1-2: Sleepy

Day 3-6: Marathon

Day 7+: More regular

LATCHING ON: tummy-to-tummy, nose-to-nipple
ear-shoulder-hip in a straight line.

 8-12X/DAY 

Play

Mirroring
Swinging
Rocking
Rhyming

20 MIN/DAY

Bonding

Skin-on-skin as much as possible will help every family member bond with baby. Siblings can (and should!) participate in family cuddle time.



Coparenting

"When I see (objective fact) , I feel ."

"Would you be willing to help me ?"

COLLABORATIVE COMMUNICATION
SAVES PARTNERSHIPS!

Sleeping

Day 1-2: Long, deep intervals

Day 3-7: 20 minute catnaps

Day 8+: 2 hour intervals

Safe bedsharing means newborn is next to mom and edge of bed. Older siblings can cuddle on other side of mom or with partner. Mattress must be firm, without lots of fluffy blankets, pillows, and stuffed animals in sleep area.



Sibling Time

WHAT'S IN THE MAGIC BOX? Create a special cache of fun toys and activities for older sibling to do while baby needs more one on one care.

CAN YOU HELP ME? Involving siblings in baby's care is a nice way to help them bond.

