



NEWBORN

A checklist for the first 24 hours with your newborn

From skin-to-skin contact to feeding cues, step-by-step guidance to navigate the initial day of parenthood with confidence.

A free guide from maternity.app

The first 24 hours with your newborn are equal parts magical and overwhelming. This checklist will help you stay focused on what matters most.

Start with skin-to-skin contact.

- **Skin-to-skin.** Hold your baby against your chest as soon as possible after birth.
- **Temperature.** Keep your baby warm with a blanket over both of you.
- **Bonding.** Use this time to softly talk or sing to your baby.

Watch for feeding cues and diaper changes.

- ☐ Feed your baby whenever they show hunger cues (rooting, mouthing).
- ☐ Count wet diapers to ensure hydration.
- ☐ Track dirty diapers as a sign of digestion.
- ☐ Burp your baby after feeding to reduce gas.
- ☐ Ask a nurse or lactation consultant for assistance if needed.

Monitor your baby's health.

- ☐ Watch for jaundice symptoms (yellowing of skin or eyes).
- ☐ Listen for steady breathing and normal heart rate.
- ☐ Check your baby's temperature regularly.
- ☐ Report any concerns to your care provider.

REST WHEN YOU CAN

Even if you're too excited to sleep, try to rest while your baby naps. Recovery is essential for both of you.

You're doing an amazing job. This is just the beginning of your parenting journey, take it one moment at a time.