



NEWBORN

First Year of Parenthood

The first year of parenthood is filled with profound changes for both you and your baby. This guide is packed with practical tips to help you navigate this transformative journey with confidence.

A free guide from maternity.app

Parenthood can feel overwhelming, but remember, you're not alone. This guide will provide you with practical tips to help you thrive in your first year with your baby.

Protect your sleep blocks.

Sleep is crucial during this time. Aim for at least one uninterrupted 4-hour block of sleep to support your mental health and well-being.

Understand your baby's developmental stages.

- **Expect regressions.** Anticipate behavioral shifts around months 4, 8, and 12, which signal brain growth, not setbacks.
- **Monitor mental health.** Keep an eye out for signs of postpartum anxiety or depression, which can manifest as feelings of rage or emotional numbness.

- ☐ Protect sleep blocks: aim for one uninterrupted 4-hour block of sleep.
- ☐ Expect regressions: behavioral shifts around months 4, 8, and 12 are normal.
- ☐ Divide labor: split night feeds and diaper duties with your partner.
- ☐ Monitor mental health: recognize signs of anxiety or depression.
- ☐ Communicate actively with your support system about how you're feeling.
- ☐ Take time for self-care – even short breaks can make a difference.
- ☐ Create a soothing environment for your baby's sleep.
- ☐ Limit visitors to maintain a peaceful home atmosphere.
- ☐ Establish a daily routine to give you and your baby structure.

Recognize signs of when to call your doctor.

If you experience persistent feelings of hopelessness, severe anxiety, or a lack of connection to your baby lasting beyond two weeks, reach out to your healthcare provider.

STAY IN TUNE WITH YOURSELF

It's essential to prioritize your mental health during this transition. Don't hesitate to ask for help if you need it.

Take it one day at a time. You're doing an amazing job, and every small step counts in this journey.