



NEWBORN

Surviving the First Week Home with Your Newborn

The first week home with your newborn is a whirlwind of love, exhaustion, and adjustment. This guide walks you through the essentials, focusing on practical tips and self-care to help you thrive.

A free guide from maternity.app

Bringing your newborn home is a beautiful, life-changing moment, and also a time of big adjustments. Here's how to make the first week a little smoother for both of you.

Set up your essentials before you arrive

- **Sleep station.** Place a bassinet or crib near your bed for easy night feedings.
- **Changing station.** Stock diapers, wipes, and a change of clothes within arm's reach.
- **Feeding supplies.** Keep bottles, formula (if using), or breastfeeding pillows ready.

- ☐ Prep easy meals or snacks in advance.
- ☐ Set up a cozy chair or glider for feedings.
- ☐ Install a white noise machine or app for soothing.
- ☐ Stock up on postpartum supplies for yourself.
- ☐ Create a diaper change station on each floor of your home.
- ☐ Save emergency numbers in your phone.
- ☐ Set up a laundry basket for baby clothes.
- ☐ Charge your phone and keep a portable charger handy.

Take care of yourself, too

It's easy to focus entirely on your baby, but your well-being matters. Hydrate, eat nourishing meals, and rest whenever you can. Even a 10-minute nap can make a difference.

ASK FOR HELP

Let family or friends pitch in with meals, laundry, or holding the baby so you can rest. You don't have to do it all alone.

Expect the unexpected

Babies don't follow schedules right away. Nights might feel long, and feeding can take time. Remember, this phase is temporary, and you're doing great.

The first week is a mix of adjustment and awe. Trust yourself, you've got this.