

Tips for New Parents

Bringing home a baby is a big change for parents, siblings, and even pets! This guide offers tips for adjusting to this change in the ways that work best for your family.

Self-Care

Learning how to fit in things that lift your mood or get you through the day can be hard but doable, even with a fussy baby.



Sit in the sun outside or next to a window



Refresh yourself & calm your baby by taking a shower or bath



Get physical activity by wearing your baby or using a stroller



Eat a variety of foods regularly and drink to thirst



Sleep at any opportunity - not just when baby does



Listen to music or watch shows that you enjoy

Support

Be honest about your goals and worries with your family, friends and healthcare professionals. Parents decide what is best for their children and deserve support, especially for breastfeeding! Peer support groups, like Nest's Latch Lounge, is a great place to meet people who will listen, share tips, and give support to others who need it.

Mindset

Nest IBCLC encourage the following for setting parenting goals:

BE REALISTIC

There is no such thing as a perfect parent!

BE FLEXIBLE

How you want things done may need to change or wait for now!

BE KIND

Avoid comparing your life, body and baby to others, just do your best!

Setting Boundaries

Learning when to say "yes" and when to say "no" can be hard when family and friends are trying to help you. It is important for you to learn and decide how to take care of your baby.

✓ Ideas for when to say YES

- Holding your baby so you can shower, nap, or spend time with another child
- Bringing a meal or groceries, assembling your planned dinner
- Helping with laundry and dishes, caring for your pet
- Reading a book to a sibling, taking them to activities

✗ Ideas for when to say NO

- Long visits from family and friends to meet the baby
- Advice that doesn't support your long-term goals or doesn't feel right to you
- Activities or other demands on you and your family's time

Pro Tips!

💡 Keep naps short

Resist the urge to let your newborn nap more than 2 hours during the day, they will make up for that missing feeding during the night!

💡 Don't miss meals!

One-handed snacks and meals are a great when you are tired or busy. Try fruits, trail mix, cheese sticks, hard-boiled eggs, cut up vegetables, wraps and sandwiches!

Nest IBCLCs are here to help!

Schedule appointments by visiting our website <https://nestcollaborative.com> with a Nest Collaborative IBCLC, <https://nestcollaborative.com/latch-lounge/> for Latch Lounge peer support, or by calling (888) 598-1554.