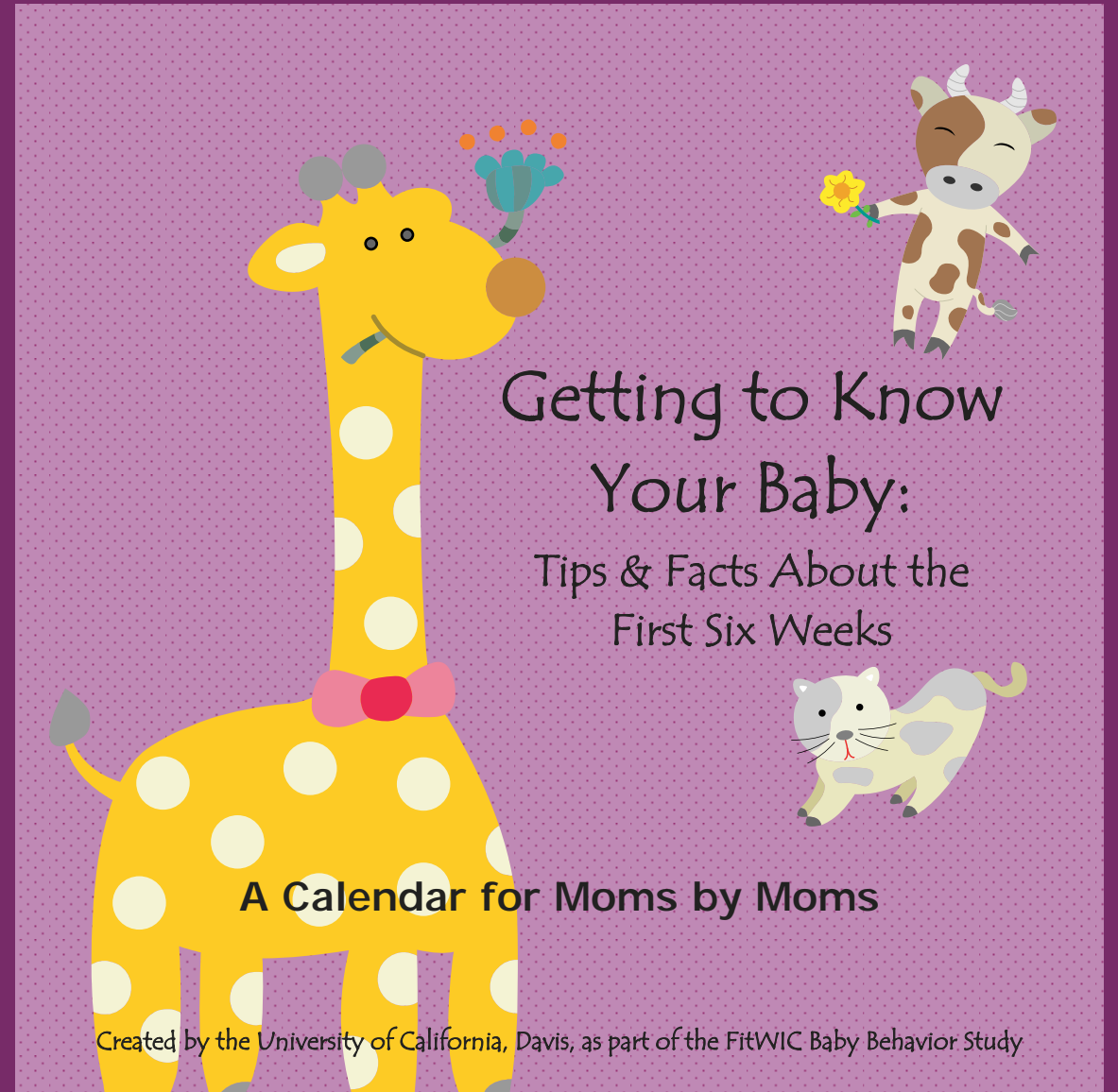




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Getting to Know Your Baby:

Tips & Facts About the
First Six Weeks

A Calendar for Moms by Moms

Created by the University of California, Davis, as part of the FitWIC Baby Behavior Study

Resources

Having a baby is very exciting! It can also be stressful. Over the next 6 weeks you and your baby will be working hard to get to know each other. Some moms think the lack of sleep and frequent feeding will last forever, but it lasts only a very short time. This calendar will help you count down to the time when you and your baby will be better at working together.

Childhelp USA

Crisis intervention and local referral services for child abuse prevention
1-800-422-4453
www.childhelpUSA.org/

National Domestic Violence Hotline

A referral and limited counseling service
1-800-799-7233
www.ndvh.org/help

American Association of Poison Control Centers

Hotline for poison emergencies and information
1-800-222-1222
www.aapcc.org/DNN

Postpartum Support International

Find a support group in your area
www.postpartum.net/

National Suicide Prevention Lifeline

1-800-273-8255

Resources

InsureKidsNow.gov

Information about Children's Health Insurance Program (CHIP) and Medicaid.

1-877-543-7669

www.insurekidsnow.gov

Child Care Aware

Information about locating quality child care and child care resources in your community

1-800-424-2246

www.childcareaware.org

Women, Infants, and Children (WIC)

Nutrition information and assistance

www.fns.usda.gov/wic

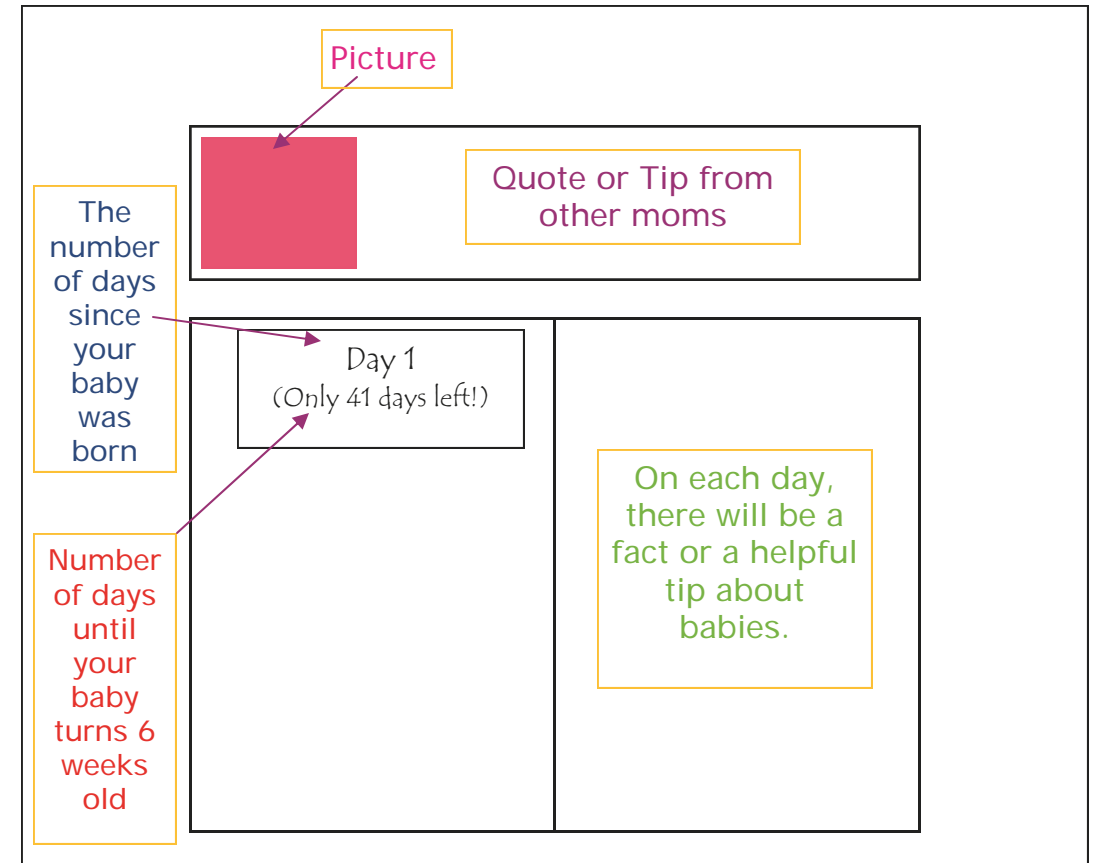
Maternal and Child Health Hotline

Information about free or low-cost services for pregnant women and babies

English: 1-800-311-2229

Spanish: 1-800-504-7081

How This Calendar Works





Happy Birthday!

Day 1

(Only 41 days left!)

Before bringing your baby home from the hospital, you will need to have a car seat. Many hospitals, fire stations, and police stations have programs that will teach you how to install the seats properly. You can also ask a nurse for help.

Day 2

(Only 40 days left!)

Studies show that it is important for young babies to wake up often. Sleeping lightly protects babies from SIDS & dreaming helps their brains grow. Even though it is hard for you, your baby needs to sleep lightly & wake up. As babies get older, they sleep longer at night.



Congratulations! You made it through the first 6 weeks! By now, you should be able to see a pattern in the way your baby sleeps and eats.

Your baby is growing so fast and constantly changing. Over the next few months, your baby will learn how to roll over, sit up, and crawl!

Before you know it he will be all grown up!

The hardest part is behind you now.



Congratulations!

Day 41

(Only 1 days left!)

By about 6 weeks of age, your baby will be learning that he can make things move with his arms and legs. It may be fun to put some bells on your baby's socks and see if he can figure out how to make music!

Day 42

You made it! Your baby is now 6 weeks old!



“ I feel very confident with breastfeeding; the milk is always clean, safe, and warm. ”



Day 3

(Only 39 days left!)

By the end of the 3rd day, your milk should have come in. Your milk is made specially for your baby and is different than other mothers' milk. Breastfeeding shouldn't be painful. Go to WIC for help if you are having trouble.

Day 4

(Only 38 days left!)

By now, your baby can tell the difference between the language you speak and other languages.





Be sure to keep the appointments you have with your pediatrician! It is a good time to ask questions.

Day 5

(Only 37 days left!)

Many moms say that days 5, 6, and 7 are the hardest. You are probably tired and sore. Make sure you take time to rest and ask for help from friends and family. Next week will be a lot easier!



Day 6

(Only 36 days left!)

Your baby has a very good sense of smell! By day 6, babies can identify their mother's smell from other moms.

“Sometimes quiet time is just as important for me as it is for my baby.”



Day 39

(Only 3 days left!)

WIC has a lot of information about baby behavior. If you want to know more, just ask!



Day 40

(Only 2 days left!)

Your baby is still getting used to the world outside of your tummy. Sometimes groups of people or a lot of noise can be too much for babies. If your baby turns or arches away from you or the noise, she may need a little break.



Smiles are just the beginning!

Day 37

(Only 5 days left!)

Moms usually go to the doctor around 6 weeks after delivery. Even if you feel you are all healed, seeing your doctor is important to make sure that you are returning to normal. This is also a good time to ask questions.

Day 38

(Only 4 days left!)

Many babies learn to smile socially around 6 to 8 weeks of age.



“ You picture yourself having a baby and then just going home with baby. But you don't realize that the healing part is really hard. ”



Day 7

(Only 35 days left!)

You've made it through the first week!

It may be hard to believe, but newborn babies sleep 16 to 18 hours per day. It seems like a lot less because they don't sleep all at once.

Day 8

(Only 34 days left!)

Your body has been through a lot in the last 9 months. It will take a while for you to feel normal again. Be sure to follow your doctor's guidelines and take care of yourself.





“There were sleepless nights, but being a mother is beautiful.”

Babies grow so fast! It is amazing how they are always changing.



Day 9

(Only 33 days left!)

Your baby's behavior may be confusing, but even newborn babies can communicate with you. WIC can help you learn how to tell what your baby needs or wants.

Day 10

(Only 32 days left!)

It is very common to have a lot of visitors who come to see the new baby. Although it is nice to have visitors, you need time alone with your baby. If you need to rest or just to have quiet time, you can ask people to come back later.

Day 35

(Only 7 days left!)

Babies go through growth spurts. You may notice that some days your baby wants to eat more often; this is normal. If you think your baby is feeding too much, talk to someone at WIC.

Day 36

(Only 6 days left!)

Many women worry about going back to work while still breastfeeding. Ask WIC to help you keep breastfeeding after you go back to work.





“My mother-in-law worried that my baby was not full, but I just gave breast milk. I did not have doubts about my breast milk being enough.”

Ask for help: It is often helpful to ask friends and family to bring you meals so that you don't have to cook.



Day 33

(Only 9 days left!)

It may be helpful to write down any questions you want to ask your doctor at your next appointment.

Day 34

(Only 8 days left!)

The average baby goes through at least 3,000 diapers in the first year of life!

Day 11

(Only 31 days left!)

Talking to your baby helps her brain grow and can improve communication skills later in life! In general, babies prefer slow, high-pitched voices. Try talking to your baby while you change her diaper or while she is in the mood to play.

Day 12

(Only 30 days left!)

Babies should always be put to sleep on their backs to prevent SIDS. Although many moms worry that babies may choke if they spit up, studies show that babies can turn their heads and are not more likely to choke than babies who sleep on their stomachs.





“All you remember is the first moments she laughed at you. You don't remember the crying or the first 45 days when you couldn't sleep.”

10 more days! You and your baby have come a long way together.



Day 13 (Only 29 days left!)

Most babies see their doctor again when they are about 2 weeks old. If you haven't scheduled your appointment yet, make sure you call soon.

Day 14 (Only 28 days left!)

Your baby is now 2 weeks old! 70-80% of moms get some kind of "baby blues." It is caused by the changes going on in your body. If you don't start to feel better in the next few days, or if you feel so depressed that you cannot care for your baby, see a doctor for help.



Day 31 (Only 11 days left!)

Babies can tell you when they are full. A full baby will start sucking more slowly and may turn his head away. Watching for these cues will help you know when your baby has had enough food.

Day 32 (Only 10 days left!)

Babies younger than 2 months can imitate you. Try looking at your baby and opening your mouth really wide. Your baby may copy you!





“The people at WIC were so patient. She sat there with me for over an hour and a half helping me breastfeed and they always answer my questions.”

Ask for help: If you have questions about how much your baby cries, ask WIC!



Day 29

(Only 13 days left!)

By now, you are probably feeling a lot better. Even though you feel like you are back to normal, it is important to not overdo it. If you feel tired, take a break. It will help you and your baby!

Day 30

(Only 12 days left!)

Older brothers and sisters love to play with new babies. Babies get tired very quickly, so sometimes the baby might need a little break from playtime.

Day 15

(Only 27 days left!)

All babies cry. Babies calm down when you do the same thing over and over. Try rocking your baby for several minutes. Sometimes it can take a while for your baby to calm down.

Day 16

(Only 26 days left!)

Some people think that picking up a crying baby will spoil him. This is not true. Responding to your baby will tell him that you are protecting him and can help him develop good self-esteem. How can you help your baby feel safe?





Almost half way there!

Day 17

(Only 25 days left!)

The cord usually falls off in the first 2-3 weeks of life. Until it falls off, try to keep it as dry as possible to help it heal and prevent infection.

Day 18

(Only 24 days left!)

Breastfed babies should not get a pacifier until after 5 weeks of age.



“ I know my baby wants to be near me when he looks at my face and smiles. ”



Day 27

(Only 15 days left!)

Did you know you can breastfeed in public? Many states have laws that say that moms can breastfeed their babies anywhere they need to, even in restaurants. Special shirts and lightweight blankets can help you feel more comfortable.

Day 28

(Only 14 days left!)

Only 2 weeks left! Your baby is now 1 month old.

1-month-old babies start to discover their hands and feet. Have you noticed your baby staring at his fingers or toes?





Ask WIC for more information about baby behavior!

“ I get help from my husband and that is very good. Before, fathers lost important moments with their children, now they take care of the children and the children are healthier.”



Day 25

(Only 17 days left!)

Sometimes your baby will tell you he wants to play. Here are some things babies do when they want to be near you:

- Look at your face
- Relax their muscles
- Move their arms and legs
- Follow voices and faces

Day 26

(Only 16 days left!)

Babies need physical activity for their muscles to grow. It is easy to give your baby the chance to exercise. Even laying on the floor with his arms and legs free is exercise.

Day 19

(Only 23 days left!)

Babies love mirrors! They also love to follow faces and voices. Try laying your baby on a blanket and moving your face back and forth slowly. Your baby will try to follow you!

Day 20

(Only 22 days left!)

Babies love to play with their dads. Doctors have noticed that babies communicate differently with their dads than their moms.





“ It is important to always ask for help. If you do not have family near, ask your husband or friends and neighbors for help. ”

Getting help from friends and family is great!
Who has been the most helpful in the last few weeks?



Day 21
(Only 21 days left!)

Half-way there! Only 3 more weeks until your baby's sleeping and eating patterns start to get more predictable!

Day 22
(Only 20 days left!)

If you are feeding your baby from a bottle, remember that only breast milk or formula should go in the bottle. Babies do not need any other foods or fluids until 6 months of age.

Day 23
(Only 19 days left!)

Have you noticed that when you put down your sleeping baby, he wakes up? That is because when young babies fall asleep they dream right away. If you just wait a little longer before putting him down, until he is in deeper sleep, he will not wake up as easily.

Day 24
(Only 18 days left!)

Your baby has already changed so much. What has surprised you about your new baby?

