Congratulations! We’re glad you’ve chosen Caring Family! We hope to have a mutually satisfying relationship with you and your little sunshine! These handouts are designed to answer questions and guide you through this wonderful experience of parenthood.

It’s normal to:

- Wonder when you will sleep thru the night.
- Be confused with lots advice from everyone.
- Be insecure about how you are providing for your baby.
- Need some help while your body is recuperating.

Normal sleeping patterns emerge slowly... expect about 6 weeks of uninterrupted nights. You MUST sleep when baby sleeps. Ignore all the undone tasks at home, and let your company guard the door while the two of you sleep!

You will also forge a stronger bond with your baby by napping at the same time. You will be the world’s foremost expert on your baby due to all the time you spend together. Being rested will heal your body and spirit, and your baby senses that. Although you will be overwhelmed with information, and will need to glean the best advice and dispense with what doesn’t feel right for you both.

Whether relatives or friends, you need to direct all the helping hands. Your focus must be baby and your return to health. It’s wonderful when Dad can take time off too, the extra bonding is irreplaceable. Dad can’t nurse baby, but when Dad can take time off too, the extra bonding is irreplaceable. Dad can’t nurse baby, but chilin’ skin to skin is awesome. Don’t miss out! Mom may need you to run a little defense for her health, as her adrenaline high from giving birth will soon go away.

When your baby cries he is trying to tell you something.

- I’m hungry- sometimes I eat every hour!
- My diaper is wet- though some kids don’t mind that.
- I’m cold- check the small of my back with your cheek.
- I’m hot- you will know if my back is sweaty.
- I’m missing some sounds from when I was in mom’s belly.
- Mom ate something that didn’t agree with me.
- My burp won’t come out- burp me after every ounce!
- I’m in pain- check fingers, toes, tags on my clothes.
- I’m sleepy- get me away from this crowd!
- I don’t know why- just pick me up- you can’t spoil me.
- Maybe I just want to scream for a while- earplugs?

Frustration is part of getting to know your baby, and your baby getting to know you. Certain experiences may stimulate agonizing memories in you that overwhelm you. Get help if you can’t shake free of your own pain. If you are freaking out with the baby’s cries, put the baby in a safe place and call for help. NEVER shake a baby. It won’t quiet the baby and it may harm the baby.

You may be frustrated with how often your child eats. Your baby will need you to manage the timing and length of feedings - [hint: more complete meals instead of snacks every 45 minutes!]

Babies MUST sleep on their back, not on their bellies. Sleeping is natural and will happen even if baby at first doesn’t like being on his back. We truly have more kids alive today because of the research that showed more SIDS deaths with babies sleeping on their tummy.

God is part of the magnificence of life and he has blessed you to be co-creators in the glorious child you now have. Your baby feels every little movement of your heart. Now baby can’t tell the difference between you and he. Only as baby grows up he will eventually see that he has emotions and a soul that moves on its own. Your baby will sense things in you of which you might be unaware. So this is naturally an emotional time, but if you can’t shake a very overwhelming or sad feeling, please come and talk to us about it.

Caring for Your Little Sunshine

I like my head supported with your hand behind my head because my neck muscles can’t hold my head up yet.

I roll partway side-to-side so NEVER put me in a place where I could fall because I could hurt myself; I want the car seat set down on a low place, not a countertop.

My soft spot on my head won’t go away till about 18 months; bones of my skull are still knitting themselves together.

I feel comforted when you hold me close, smile and talk gently to me. Don’t be afraid of spoiling me because I need to be held and touched.

I take in everything that goes on around me, I just won’t tell you about it for another 3 years. That’s why I need to hear you speaking, telling me what’s up, maybe even reading to me now.

Meals

I just want to drink either formula or YOUR milk. Cereal is not well digested till 4-6 months. I don’t need it in my bottle; it won’t make me sleep better.

Please don’t prop my bottle, I could choke.

You might see me put my hand in my mouth, make sucking sounds or search for a breast (root) when I am hungry, or I might just be moving my mouth, being fussy or clenching my fists.

I am usually satisfied when I turn away,
I cannot sleep on my tummy. Half of SIDS deaths were eliminated when all babies were moved to sleep on their backs!!