

2021

# New Baby Guide

Pregnancy Newborn Postpartum Breastfeeding Bottle-feeding Sleep Gear

TIPS, TOOLS, AND  
PRODUCT  
RECOMMENDATIONS.

**EXCLUSIVE**  
*Discount Codes!*



INFORMATION  
AND SUPPORT  
FOR  
PREGNANCY,  
POSTPARTUM,  
AND THE  
NEWBORN  
STAGE



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## HELPFUL CHECKLISTS

Be sure you have everything in order with our practical checklists

## READERS WEIGH IN

Featuring the wisdom of experienced parents and what they wish they had known

## VITAL CONVERSATIONS

Important discussions to have before and after baby arrives

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## A note on how to use this guide

We hope you enjoy this guide, it has been a true labor of love. Approach this guide in a way that makes sense for you, read it to prepare for a new baby, enjoy it when you have a new bundle and need some reassurance, or give as a gift. You're in charge. Whether your preference is browsing as a magazine, leisurely flipping your way through, reading cover to cover as a book, looking up specific areas of interest to answer particular questions, or printing off the checklists and vital conversations to make notes, there is no wrong way to utilize this resource.

This guide is meant to be a jumping off point, not a complete and exhaustive resource. It cannot boast to be everything you need to know about having a new baby, but rather more of a general map of the wisdom you already hold.

# LETTER FROM THE EDITOR

*Dear Reader,*

You can never know what it is like to have a new baby until you have that new baby. Even when you've done it before and you have a new baby again it is never quite the same experience twice. From the pregnancy and birth to the postpartum and long term parenting, no two parenting journeys are exactly alike.

Each time, the way our child comes to us births us as the parents that child needs us to be, and each time the postpartum recovery and newborn stage refines us to have the strength and endurance that child needs us to have, and each time the feeding journey and care for that baby lays a foundation for our confidence in being what our child requires. We see this every day on The Leaky Boob Facebook Page, private group, and TheLeakyBoob.com.

There is no way to ever fully prepare anyone for becoming a parent, no matter their path. No words we could put together will truly convey and encompass everything there is to know and what the experience of this life journey is like. It is only in retrospect that any of us could write the guide we would have needed for what we wish we had known, what we learned, and what we think others could use.

It is my hope this guide provides a little bit of that support we realize we need retrospectively.



*Jessica Martin Leber*

 **The Leaky Boob**  
[TheLeakyBoob.com](http://TheLeakyBoob.com)

INFORMATION, SUPPORT, AND COMMUNITY BROUGHT TOGETHER BY BREASTFEEDING, CONNECTING BEYOND.



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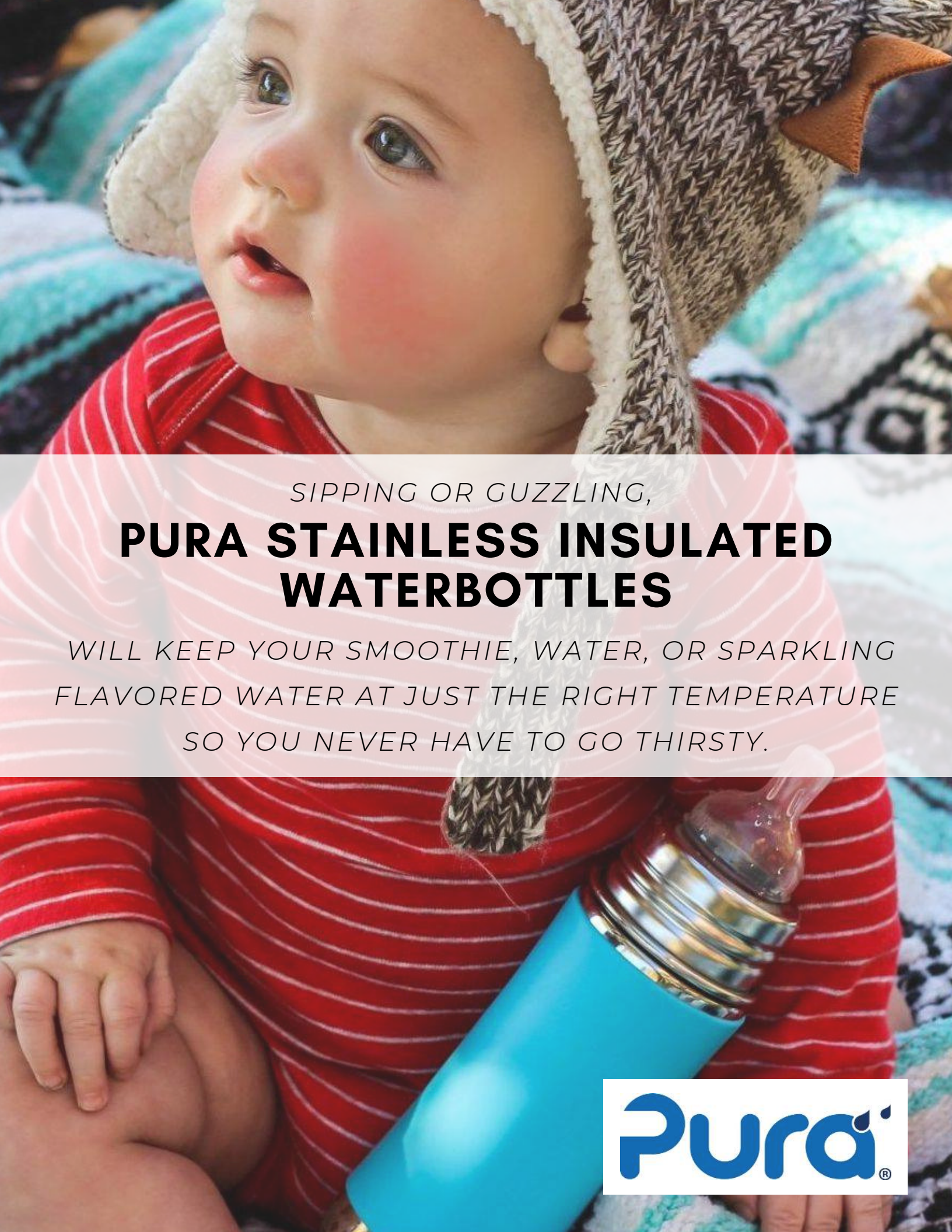
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# PREGNANCY



Every pregnancy is different. For some, every day brings noticeable change which may be delightful, dreadful, or indifferent. Hormones can impact your body temperature, your senses, bones can spread, hair growth could change, skin may be different, and so much more. Whether you have a low risk pregnancy or a high risk pregnancy, whether you go with a hospital birth and an OB or an out-of-hospital birth and a midwife, there's a lot that can be the same (you need to stay hydrated!) and even more that can be different (weight gain can vary!).



*SIPPING OR GUZZLING,*  
**PURA STAINLESS INSULATED  
WATERBOTTLES**

*WILL KEEP YOUR SMOOTHIE, WATER, OR SPARKLING  
FLAVORED WATER AT JUST THE RIGHT TEMPERATURE  
SO YOU NEVER HAVE TO GO THIRSTY.*

**Pura**<sup>®</sup>

# TYPES OF MATERNITY CARE PROVIDERS

Choose the right provider, know the difference between types of care providers for prenatal care and birth attendants.

## OB OBSTETRICIAN / GYNOCOLOGIST

A medical doctor that specializes in the care of women during pregnancy and childbirth and in the diagnosis and treatment of diseases of the female reproductive organs, usually attending birth in a hospital setting.

## GP FAMILY DOCTOR

A medical doctor who is trained to provide primary healthcare to patients of either sex and any age, caring for the whole family.

## CNM CERTIFIED NURSE MIDWIFE

A certified nurse-midwife or CNM is a health professional who provides care and practices in a variety of settings including hospital, hospital birth center, free-standing birth center, and home birth.. The care they provide is focused on gynecological services, reproductive health, labor and delivery, postpartum care, and peri-post menopause care.

## LPM LICENSED MIDWIFE

Licensed midwives may conduct deliveries in birth centers or homes. They are licensed to perform all of the procedures that may be necessary during a normal, low-risk pregnancy and birth, including administering approved medications, and all routine procedures for newborns.

## MFM MATERNAL FETAL MEDICINE SPECIALIST

A maternal-fetal medicine sub-specialist or perinatologist is an obstetrician/gynecologist who has completed an additional 2-3 years of additional education and clinical experience to develop specialized skills for both mom and baby during high risk pregnancy.

## Doula DOULA SUPPORT

A doula is a trained support companion who is not a healthcare professional and who supports another individual through a significant health-related experience, such as childbirth, postpartum, miscarriage, and stillbirth assisting them physically and emotionally.



Your care provider will discuss the frequency of your appointments with you and what you should expect of your appointments. It is important to feel comfortable and confident in your care provider and remember,

**THEY WORK FOR YOU.**

Ask questions as needed and don't hesitate to "shop" around a bit, interviewing care providers when you are selecting. If at any time you feel uncomfortable with your care provider, it is ok to switch to another provider's care.

## LEAKY WISDOM

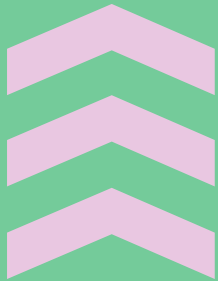


You don't get a trophy for following your birth plan 100%, do what you need to do in the moment.

**NIK**

# TIP:

GET TO KNOW YOUR BABY WHILE THEY ARE GROWING INSIDE YOU BY PAYING ATTENTION TO THEIR MOVEMENTS AS THEY GET BIGGER. OBSERVE ANY PATTERNS TO THEIR KICKS, STRETCHES, ROLLS, WIGGLES, AND MORE FOR CLUES TO THEIR TEMPERAMENT, PREFERENCES, AND RHYTHMS. PLUS, THE MORE FAMILIAR YOU ARE WITH THEIR MOVEMENTS, SOMETIMES CALLED KICK COUNTING, THE MORE IN TUNE YOU CAN BE IF THERE IS A SUDDEN CHANGE IN THEIR MOVEMENTS AND ROUTINE TO ALERT YOUR CARE PROVIDER ABOUT.





**Ch-ch-ch-changes!** The pregnancy body goes through a lot of change. Don't be surprised by these common changes:

- Breast growth
- Rib cage expansion
- Frequent urination as blood volume increases AND bladder gets crowded
- Hips, feet, and hands may expand too (and may never go back)
- Skin changes (breakouts, dry patches, greasy areas, etc.)
- Body odor changes
- Sleep disturbances
- Mood swings
- Yeast infections
- Odd taste in mouth
- Sensitivity to smells
- Fatigue
- Back Pain

## TIP:

BREASTS CHANGE IN PREGNANCY AND AGAIN AFTER GIVING BIRTH AND IT IS LIKELY YOU'LL NEED TO GO UP A SIZE OR TWO IN BRAS. BECAUSE BREAST SIZE CAN FLUCTUATE, BRAS THAT ARE TRANSITIONAL OR HAVE MULTIPLE SIZING ADJUSTMENT OPTIONS MAY BE MORE COMFORTABLE AND SAVE YOU MONEY.

[TheLeakyBoob.com](http://TheLeakyBoob.com)

### *Introducing Your New Baby Safely with Social Distancing*

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**Celebrate anywhere with our Virtual Babyshower Planning Guide [download now.](#)**

# My Baby's Heartbeat Bear

*Pregnancy announcement ideas*

mybabysheartbeatbear.com



#CoronaBaby2020

My Baby's  
Heartbeat Bear 

## Announcing the best news!

Share the positive pregnancy test or an ultrasound pic.

Get t-shirts cleverly announcing the news and pointing to your belly.

Involve big siblings to-be with big brother/big sister caps or tops and take a picture to share with friends and family.

Stage a photo with items in progression of size evoking parents and child- coffee cups, paper clips, shoes, are all cute.

Make a fun home video inspired by clichés like "bun in the oven."

Record the sound of your growing baby's heartbeat and share in a soft animal to cherish forever.



While pregnancy is the time to determine certain important parenting decisions and setting up your home to be ready to welcome your little bundle, taking a pregnancy and birth class will go a long way in preparing as well. While nothing quite replaces in-person experiences, there are many quality virtual, distance, or video courses available to suit your needs and schedule. Regardless of the birth philosophy you are most drawn to, the mechanics of birth are the same. The more you know about how birth works, the more you can relax in your ability to make informed choices, confident that you know what you need to know to do so. Be sure to discuss the birth methodology with your care provider early on in your care, ask how comfortable they are with the approach you are interested in, and inquire as to what support they will be able to offer.

**WHAT DO YOU NEED FOR BABY ANYWAY? SEE OUR NEXT SECTION AND GEAR AND PRODUCT SUGGESTIONS THROUGHOUT THIS GUIDE.**

### We get you!

Join The Leaky Boob community for support, information, and connection. You're not alone, we're in this together. Receive support directly to your inbox, sign up [here](#).

Join the conversation

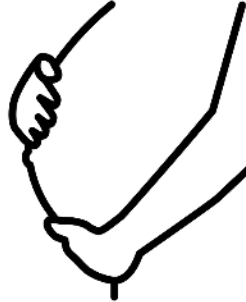


# BIRTH CLASSES

## Types of Prenatal Classes and Birth Methods

### BRADLEY METHOD

Focused on increasing self-awareness, teaching the birthing parent how to deal with the stress of labor by tuning into their own body with an emphasis on relaxation supported by a partner with a goal of natural unmedicated birth, equipped to make informed decisions with flexibility.



### LAMAZE

A technique that encourages the birthing parent to be more confident in their ability to give birth with a focusing on breathing techniques and information on other available options for management of labor and delivery.

### INTERNATIONAL CHILDBIRTH EDUCATION ASSOCIATION (ICEA)

Without emphasizing a specific approach to childbirth, certified ICEA instructors focus on general birth education and various methods with information on available options.

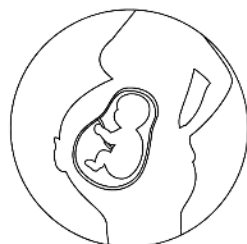


### HYPNOBIRTHING

Managing pain and anxiety during childbirth, involving various therapeutic relaxation techniques, such as deep breathing and visualization enhanced by self-hypnosis techniques.

### OTHER METHODS

Birthing from Within, Leboyer gentle birth, Grantly Dick-Read, and Alexander Technique focus on teaching women to trust their bodies to be able to give birth with various emphasis on relaxation, resilience, and information.





## Creating a birth plan

can be a helpful exercise to visualize the birth you want, prepare, and be sure you have the information you need. Flexibility is key, like all plans in life, a birth plan isn't a contract, merely a strategy of intent. Babies, cervixes, uteruses, and bodies simply don't read textbooks or plans so be prepared with a birth plan and open to changing it. Much like parenting, with birth you need to be adaptable to whatever may come your way.

Growing a baby is a special time, a time worth celebrating. Some people glow during pregnancy, others are positively **green**. Whether it is listening to your body and getting the rest you need or taking necessary medications, it is important to remember that it isn't selfish to take care of you. Taking care of you is taking care of your baby. Whatever your experience, every baby and every pregnancy deserves to be celebrated, we love My Baby's Heartbeat Bear for pregnancy announcements, commemorating your pregnancy, and for any special moment along the way.

***WRAP YOURSELF AND YOUR BABY IN COMFORT WITH THE GOOSEWADDLE MOMMY AND ME KNIT BLANKET SET, A DREAMY, LUXURIOUS CABLE KNIT BLANKET WITH A COMFORTING WEIGHT THAT IS BREATHABLE YET WARM.***



# Pregnancy Products



## **My Baby's Heartbeat Bear - Vintage Giraffe**

Such an adorable little companion! Perfect for recording your baby's sweet heartbeat, a message from a loved one, or a favorite tune to cuddle and hold. All of their stuffies are so plush and the material is always soft and loveable!

## Our Top Picks

### **Pura - Big Mouth Sport 22oz Insulated Bottle**



A super reliable water bottle! I've used it during labor, birth, hiking, jogs, and it has yet to leak on me! Made out of stainless steel, I don't have to worry about plastic releasing harmful chemicals into my hot tea!

### **Simple Wishes - The Sling Bra**



Two words: incredibly soft. The fabric this bra is made out of changes the definition of soft. Even better? It's made out of recycled fabrics. It's a wireless, supported, strap convertible, hands free, nursing or pumping bra. Soft, safe for the environment, and convenient? And it is affordable. What's not to love?

# More Favorites



**Belli Skincare**  
**- On the Spot Bundle**



**SmartyPants -**  
**Prenatal Complete**  
**Multivitamin**



**SMARTYPITS - Super**  
**Strength Aluminum-Free**  
**Deodorant**



**The Honey Pot -**  
**Mommy-to-Be Wipes**



**Birds and Bees Tea -**  
**Peaceful Pregnancy and**  
**Lighthearted Bundle**

## Other Brands to Check Out!

**Noobie box** - Pregnancy Gift Boxes

**UpSpring** - Pregnancy-safe Drink Mixes

**Earth Mama** - Hygiene

**Bamboobies** - Pregnancy teas and Drink Mixes

**Loloma**- Coconut Oil Skincare

**Jujube** - Diaper bags



# Pregnancy Checklist

- Birth plan
- Selection of care provider
- Meeting with care provider
- Birth classes
- Prepare space in your home for baby
- Baby items
  - Comfy clothes for mom (elastic waistbands FTW!)

- Birthing supplies and/or hospital bag (don't forget snacks!)
- Conversation about maternity leave, if applicable, with boss, partner, and others
- Baby's first outfit!
- Carseat for the ride home from the birth center or hospital, if applicable
- Arrangements for the kids during labor, if applicable
- Pack a diaper bag



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# Pregnancy

## VITAL CONVERSATIONS

- Where are you having this baby?
- Figuring out your Birth Plan.
- Selection of care provider.
- Sharing your Birth Plan with your care provider.
- Who do you want to have at the birth?
- What about your kids? Where will they be?
- Partner expectations (if applicable) - what do you expect them to do during labor?
- Baby expectations - what are you looking forward to? What are you worried about? What questions do you need answered?
- Breastfeeding expectations.
- “What if?” conversation with partner: What if there are complications during labor? What if I HAVE to be on bedrest during the pregnancy, or after the baby is around? What if my body gets SUPER big?



What if my body doesn't go back to the way it was?  
What if my breasts become off limits? What if intimacy changes, or is on hold for a while? What if I have postpartum depression?

- Work expectations regarding maternity leave - need to be on the same page about the length of the leave and other expectations.
- Bring up pumping at work too, if you're planning on it.

- Paternity/parental leave for your partner.

- How and when will you share that your baby has arrived?

- Friend and family expectations: prepare a message for them that includes things that are helpful once the baby is born and things that are not helpful.

- Don't wait to share physical pain, concerns, and/or questions with your care provider.



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# Leaky Wisdom

“ If you're not sure if something is normal or if you are sick or in pain, talk to your care provider. You don't need to suffer just because you don't want to be a pest.

**BAILEY**

“ DO YOUR KEGELS! Also pre and postnatal pelvic floor therapy is a thing. Look into it because there are loads of options in person and online!

**MARIA**

“ Take a birth class, listen to some podcasts, read some books, and watch some birth videos. There's a wide range of possibilities and it helps to have some idea of where to begin and what to expect.


**KATIE**

“ It's okay to not like being pregnant.

**ROBIN**

“ Keep busy by going on walks. Pamper yourself by taking lukewarm baths or getting pedicures. One of my biggest lifesavers was wearing a belly-band when my sciatic nerve in my back or leg hurts. It helps immediately!

**BETH**



TAKE PICTURES OF YOUR GROWING AND CHANGING BODY EVEN IF YOU DON'T LIKE WHAT YOU SEE, SOME DAY YOUR CHILD WILL ENJOY SEEING YOU LOOKING FORWARD TO MEETING THEM.

- Jessica

## BUY 1 BLANKET, WARM 2 HEARTS

Our "Buy One Give One" initiative is simple: for each baby blanket you buy from GooseWaddle, we'll give a blanket to a baby in need through trusted community partners.



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# NEW BABY

When your new baby is finally in your arms (warning- the first two trimesters have approximately 13 weeks or 91 days each but each day in the last trimester is longer than the previous so that last month of pregnancy is about 1,489 days long) it is such a relief and simultaneously overwhelming. As exciting as it is, you might be too tired to feel that excited. That's ok!

NEWBORNS ARE CONSTANTLY CHANGING! THE MOST NOTICEABLE CHANGES HAPPEN IN 2 WEEK INTERVALS AND CAN BE LIKE HAVING A DIFFERENT BABY.

## TIP:

SLEEP WITH YOUR BABY'S GOOSEWADDLE SWADDLE BLANKET BEFORE THEY ARE BORN SO WHEN THEY ARE SWADDLED IT SMELLS LIKE YOU; YOUR SCENT IS CALMING FOR THEM.



## Bonding with your baby

begins in utero, maybe without you even realizing it. That doesn't mean everyone feels an instant bond once baby is born and it is just fine if you don't. Connecting can take a bit and sometimes your new baby may even feel like a stranger. You and your baby will get to know each other and bond over time. Babies are a lot of work and everyone in the family is adjusting at first, including you, your baby, your partner, and the rest of the family.

Be patient and remember that babies are resilient and what is important is that you keep responding to their needs and bonding will happen. Newborns only have needs, not wants and they can't tell the difference between a need and a want so they absolutely cannot manipulate you! The best way to bond is to hold them as much as possible!



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that are gentle on skin and the planet

# LEAKY WISDOM

They make so much noise!!  
Snuffly grunty noises! Even  
when they're sleeping.



**TIANNA**

## What your baby is adjusting to after birth:

- Everything!
- They've never been dry before
- Never been hungry before
- Never worn a diaper before
- Light is new
- Temperature differences are new
- Smelling anything but you is new
- Breathing air is new
- Feeding is new
- Being alone is new
- Not hearing your heartbeat and voice is new
- Being still is new
- Hearing their own cry is new
- Having to communicate their needs is new

**You are your baby's natural habitat, they feel most at home with you, so it is natural that they would want to stay in your arms, snuggled to your chest as much as possible.**

## TIP:

DON'T PURCHASE A LOT OF ANY ONE THING UNTIL YOU'VE HAD THE CHANCE TO TRY IT AND DECIDE WHAT YOU AND YOUR BABY LIKE BEST.



**Together** you and your baby will figure it out but it is ok to not enjoy every moment or even any of them. There is a wide range of normal as to what the experience with a new baby is like. Be patient and gentle with you both through this time of transition.

***PACK YOUR  
TWELVELITTLE DIAPER BAG  
BEFORE YOUR BABY ARRIVES SO  
YOU'RE NOT TRYING TO PUT EVERYTHING  
TOGETHER THE FIRST TIME GOING  
ANYWHERE WITH BABY, AND PICK A BAG  
YOU'D CARRY JUST BECAUSE YOU LIKE  
IT EVEN IF YOU DIDN'T NEED A DIAPER  
BAG TO HELP YOU FEEL  
MORE LIKE YOU.***



***WHAT DO YOU NEED FOR  
POSTPARTUM?  
SEE OUR NEXT SECTION  
AND GEAR AND PRODUCT  
TIPS THROUGHOUT THIS  
GUIDE.***

## **Caring for your new baby**

may feel like the most natural thing in the world but you're not alone if it is completely foreign and awkward.

Ask for help and be flexible, willing to change your approach if something isn't working for you. Safety first, don't assume anything. Take the time to be informed and have crucial conversations before baby arrives.



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providing fashionable and  
functional everyday bags for  
the modern family





**EVERYONE'S  
ATTENTION WILL  
BE ON THE NEW  
BABY AFTER THEY  
ARE BORN BUT  
YOU STILL  
MATTER TOO.**

The newborn period is 12 weeks, much like a trimester of pregnancy. There is so much growth and development happening after birth that it is sometimes called the 4th trimester. Your baby is developing every day and so is your relationship with them. Humans are carry mammals, creatures that need to be carried due to their developmental immaturity at birth. Your baby needs to be close to you and you need to be close to your baby. Pairs that are separated too long at birth experience stress levels and release hormones that match those who experience the loss of someone close. Their brains react as though they have died. When they are able to stay together, bonding strengthens and calming hormones are released.

***TIP: Use something, olive oil, diaper balm, coconut oil, just something safe on your baby's butt from the start to make it easier to wipe off sticky meconium. That stuff is like tar!***

## LEAKY WISDOM

“

Babies aren't that fragile, you're not going to hurt them. Hold and cuddle them often, they'll never be that small again.

**ASHLEY**

If all is well, your baby will probably be a little boring at first and just want to be in your arms, skin-to-skin on your chest, feeding frequently and sleeping a lot. This is normal newborn behavior and helps them transition, grow, establish feeding, and heal. Babies don't actually get dirty and if they still have vernix when they are born, delaying the first bath (at least 24 hours) can allow the vernix to soak into their skin and may help prevent additional peeling.

**For a closer look at normal newborn behavior, *The Baby Explains Normal Newborn Behavior* and why [here](#).**

Some crying is also a part of normal newborn behavior. Babies have limited communication tools, crying is one of them but more of a last resort option. Babies cry when they are cold, hot, tired, hungry, overstimulated, in pain, scared, wet, soiled, or uncomfortable. There is always a reason, we just might not be able to identify it. Crying triggers the part of our brain that says something is wrong and may increase anxiety so that we will respond quickly to our baby's signals of distress. Take brief breaks if needed. If your baby's crying is nonstop, speak to your child's health care provider.

# NEW BABY NEED-TO-KNOWS

*This information is not intended to be medical advice or replace seeing a qualified health care professional.*



## Diapers **WHAT AND HOW MANY**

Expert say at least 1 wet and 1 dirty diaper per day for each day of life for the first 4 days, 5 or more each day after. Some babies poop 3-4 times a day. After day 3, urine should be pale yellow. Call your child's doctor if there are urine crystals or dark urine after day 3.



## Poop **MECONIUM AND BEYOND**

Meconium is baby's first stool. It is dark and sticky. Coat baby's bottom in olive oil or diaper balm to make it easier to wipe off the bum. Baby's bowel movements should transition by day 4 to seedy mustard colored poops for exclusively breastfed babies and yellow or light brown peanut butter consistency poops for formula fed babies.



## Skin **RASHES, PIMPLES, PEELING**

Newborns are often prone to rashes and irritation as well as pimples and peeling. Typically, time is all that is required for newborn skin issues to clear up. Keep the area clean, moisturized, and allow some air exposure. If there are open sores or a fever, contact your child's health care provider.



## Body **TEMPERATURE, HEART RATE, BREATHING**

Grunting, snorting, and snuffling are common newborn sounds as they adjust to life outside the womb. Their heart and respiratory rates are faster than adults and they regulate their body temperature through their head and face. Dress baby appropriately for the temperature and climate, babies can overheat and get cold.



## Comfort **SKIN-TO-SKIN**

Aiding in body temperature regulation, skin-to-skin contact between a newborn and their lactating parent or other caregiver provides many additional health benefits including stabilizing heartbeat and breathing patterns, lowering cortisol levels, raising maternal prolactin and oxytocin levels encouraging breastfeeding, promoting immune protection, and is beneficial for accelerating brain development.



## Connect **VISION**

Babies can see about 8-10" from their face from birth which is the typical distance between their eyes and their parent's face when they are at the breast or bottle when held. All the time they're spending at the breast getting comfort, temp regulation, neuro stimulation they need for brain development, and of course the immune support and nutrition, they're also learning your face! In the first month of life vision develops rapidly and babies begin to track movements.



## Moods **NORMAL NEWBORN BEHAVIOR**

Transitioning to life outside the womb is a major adjustment and newborns naturally want to be held close, sleep near or on someone, feeding frequently, enjoy suckling, and prefer to be close to the person they recognize the most by smell and sound.



# TIP:

ZIPPER SLEEPERS WITH TWO WAY ZIPPERS THAT ZIP BOTTOM UP MAKE FOR EASY NIGHT TIME DIAPER CHANGES WHILE STILL KEEPING YOUR BABY WARM.

Newborns tend to have sensitive skin and in their transitional time from the womb products such as lotions, balms, laundry detergent, and baby wash that are gentle and hypoallergenic can prevent irritation.

Besides being with you, there are a few essentials your baby will need: to be fed, to be sheltered, to sleep safely, and to be close. There are a few items you'll need for the baby:

TheLeakyBoob.com  The Leaky Boob

## SET UP FOR SUCCESS

### NEW BABY CARE

THERE REALLY ISN'T MUCH THAT IS ESSENTIAL BUT THERE ARE SOME THINGS THAT ARE NICE TO HAVE, SOME THAT ARE HELPFUL, AND SOME THAT ARE ESSENTIAL.



#### CLOTHING

In the early days, skin-to-skin often means baby is in just a diaper but some clothing is necessary.

- 6-7 One piece bodysuits
- 4-5 Footed pajamas (snaps or zippers?)
- 3-4 Gowns
- 2-3 Hats
- 12 pair of socks



#### WHAT GOES IN MUST COME OUT

Whether you use reusable cloth or disposable diapers, you will want to have enough for at least 10 a day based on how often you want to do laundry or shop. Newborn skin can be very sensitive, avoid harsh ingredients such as alcohols in wipes and diaper creams. A wet bag or diaper pail is a must for cloth and a simple trash can with locking lid is helpful to contain the smell of reusable or disposable diapers.



#### HOLD IT ALL TOGETHER

A designated bag to carry necessary baby items when leaving home. It doesn't have to look "babyish" to be your bag for the baby and you'll feel more comfortable with a bag that is well organized and suited to your tastes since you'll be the one using it.



#### BLANKETS AND SWADDLES

Swaddling (not too tightly around the hips) can greatly soothe a baby when they can't be on you. Wearable blankets and swaddlers in addition to lightweight thin swaddle blankets are helpful options. At least 3 swaddle blankets but you may find you want more.



#### BABY FEEDING SUPPORT

Connect with a support group, there are in-person, virtual, and national/international organized options. Have pump and pumping accessories ahead of time, you may be able to get them covered by insurance. For breastfeeding, accessible clothing, a variety of bottles if bottle-feeding, breastfeeding class (virtual or in person), and the contact for a trusted breastfeeding helper such as an IBCLC.

# New Baby Products

## Our Top Picks

### GooseWaddle - Mommy & Me Blanket Set



You'll fall in love with all GooseWaddle products for their softer-than-clouds material! Wrap everyone up in snuggly comfort that's perfect for swaddling.

### TWELVElittle - Carry Love Tote



The best diaper bags that you'll love to carry look like regular bags.

TWELVElittle has an aesthetic for everyone. Stylish, machine washable, stain resistant, and with all the pockets you need for organizing.

### Charlie Banana - Starter Kit

These diapers will be a family favorite. This starter kit is perfect for anyone looking for sustainable basics for their new baby!





## **Bets & Emy - Baby Wipes**

These are the only disposable wipes we'll use now! 99.9% water based and hypo-allergenic, these are some wipes we can trust with our baby's sensitive skin. Not only are they safe for sensitive skin, but they also have zero odor and they don't break down easily.

## **Zutano - Cozie Fleece Baby Bootie 3 Pack**



I wish they made them in adult size because these booties are everything you'd ever want in a bootie ever. Their fold and snap system makes it so I'm not struggling to get it on my baby's wiggly foot. Even better? They stay on!

Molly's Suds Natural Laundry Starter Kit is just what you need to get started with safe laundry cleaning for you and your family. With no harmful chemicals, Molly's Suds is safe for both you and your environment. This kit comes packed with Original Laundry Powder (either unscented or peppermint, your choice!), All Sports Wash - Active Wear Detergent, Oxygen Whitener, and Wool Dryer Balls.

## **Molly's Suds - Natural Laundry Starter Kit**



# More Favorites



**Earth Mama Organics - Sweet Orange Baby Lotion**



**Dekor - Plus Hands-Free Diaper Pail**



**Green Mountain Diaper - Cloth-eez Prefold Diapers**



**Euphoric Herbals - Trio Salve**

**The Honey Keeper - Calming Baby Shampoo**



## Other Brands to Check Out!

**Loloma - Belly and Baby Oil**

**Babo Botanicals - Hygiene**

**Olen Skin Care - Baby Skin Care**

**Tidy Tots Diapers - Cloth Diapers**

**Rhoost - Baby Grooming**

**Thirsties - Diapers and Covers**

**WaterWipes - Baby Wipes**

**Charlie's Soap - Natural Laundry Detergent**

**Earth Mama - Castile Soap**

**Goddess Garden - Skin Care**



# New Baby Care Checklist

- New baby sign on your front door
- Send pictures and any information you like to friends and family when you're ready
- Share the message you prepared about friend and family expectations that includes things that are helpful once the baby is born and things that are not helpful
- Well checks with care provider
- Take lots of pictures, and make sure you're in many of them
- Allow yourself to be smitten with your baby
- Lots of skin-to-skin time
- Olive oil for those first poops (you'll thank me later)
- Track baby's poops and pees



The Leaky Boob



# New Baby

## VITAL CONVERSATIONS

- Discuss any questions related to baby care with care provider or other trusted source.
- Share joys, fears, disappointments, feelings, with partner or trusted friend.
- Set firm to boundaries with friends and family, enlist partner or trusted friend's help to do so.
- Communicate when and what others can share of your new baby on social media.
- Expectations versus reality with your partner or trusted friend
- Ongoing conversation regarding the shifting of responsibilities related to baby and household
- Circumcision and other procedures.
- Inclusion and balance of both partners in caring for your new baby and how that plays out for each (partner can change the baby in the middle of the night too!)
- Discuss with partner those baby care aspects that make either of you uncomfortable or need more information and discuss answers to those questions.



# Leaky Wisdom

“ It is NOTHING like taking care of the egg from middle school.

**FRANCINE**

“ That it's 100% okay and normal to do nothing but cuddle and nurse alllllll day.

**VALERIE**

“ Poop-splotions are real! A messy onesie can be pulled down over the shoulders for easy removal of said icky onesie. Wish someone had told me that with my first baby!

**AMANDA**

“ You're allowed to take or leave any advice that you want. Trust yourself first.

**KAYLA**

“ Get your hands on sleep gowns or zipper jammies!!! Who the heck wants to fasten 20 snaps at 2am?!!

**JAIME**

“ You can NOT spoil a baby.

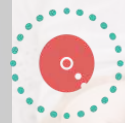
**AREYANA**

“ Take more pictures & videos because they grow so fast.

**JENELLE**

“ Just because they make noise or grunt when they're pooping doesn't mean they are having trouble or need a supplement or help. It just means their digestive system is still developing and they are just figuring out how to poop.

**KRISTEN**



The Leaky Boob

# Newborn and Postpartum Summit

available at [TheLeakyBoob.com](http://TheLeakyBoob.com)

## Newborn Behavior: Sleep and Feeding

Dominique Gallo, IBCLC

Children's Sleep Consultant, Rebecca Michi

## Postpartum Recovery

Sue Potts, CNM

## Newborn Safety and Gear

Angela Campos, RN, CPST

Victoria Strong, CPST

## What Postpartum is REALLY like

Laura Brown, Postpartum Doula

# Rachel's Remedy®

Feel the difference relief makes.



## POSTPARTUM

The changes to our bodies in having babies don't end with giving birth, and the postpartum period is an important time of recovery and healing and yes, change.

Initially the change is obvious: the baby is out. That might make you think the belly will instantly go back to what it was. This is not the case. The uterus will begin to contract immediately but it will take some time for the uterus to return to the pre-pregnancy size (and it may never go completely back). In the immediate hours and couple of days following birth your care provider will be checking to be sure your uterus is getting smaller and staying firm and may do fundal massage, firmly rubbing the uterus through your belly to encourage contractions. This is important to close the open wound of the placenta site and prevent

hemorrhage. Even as the uterus itself shrinks, the surrounding tissue has been stretched, organs have shifted and been displaced (sometimes leaving an odd empty sensation or feeling like a bowl of jelly) and it will usually take some time for healing. During pregnancy the body stores fat for growing the baby both in and out, saving some stores for breast-feeding. Your maternity clothes may be your friend for some time still after giving birth.

***BELLY BINDING IS A  
COMFORTING PRACTICE  
ACROSS MANY CULTURES  
AND MAY ALLEVIATE SOME  
POSTPARTUM  
DISCOMFORT.***

**HELP DURING THE POSTPARTUM PERIOD IS A GIVEN IN SOME CULTURES BUT NOT EVERYONE HAS HANDS-ON SUPPORT THEY CAN COUNT ON. HIRING A POSTPARTUM DOULA MAY BE AN INVESTMENT TO PREVENT MORE SERIOUS PHYSICAL AND MENTAL HEALTH CONCERNS LATER.**

After having a baby there is no going back, everything is different. Your body, your time, your priorities, your sleep, your heart, your life... they've all changed now, and even if you manage to make it look like you "got it back" the reality is you can't go back to how things were before. Why would you want to anyway? Your baby leaves an inerascable and permanent impact on every part of you. The postpartum period, that 4th trimester, is the transition into this new normal.

# POSTPARTUM BODY CHANGES



Everyone knows pregnancy brings many body changes but postpartum has some too.

*This information is not intended to be medical advice or replace seeing a qualified health care professional.*

## UTERUS SHRINKS

The uterus can go from 2.5lbs to 2oz in 6 weeks after giving birth.



## BREAST CHANGES

Beginning in pregnancy, breasts may grow larger as new milk-making tissue is developed, the areola may spread, nipples may become more pronounced. These changes accelerate in the first days postpartum and as milk comes in. Some of these changes may reverse after weaning; some may be permanent.



## BONE STRUCTURE CHANGES

The pelvis, including hips, can shift and widen during pregnancy and birth and may continue to change postpartum, possibly going back to pre-pregnancy state, sometimes permanently shifted. The additional weight and cocktail of hormones can cause feet to spread or even lengthen during pregnancy and after.



## HAIR

During pregnancy normal hair shedding may slow down and hair may seem thicker. 3-4 months postpartum, as hormones regulate closer to pre-pregnancy levels, the hair that was not shed during pregnancy may begin to shed rapidly, causing thinning and even bald patches. If this continues beyond a year, speak to a health care provider as on-going hair loss could be a symptom of something else.



## BODY ODOR

Hormone changes may cause a change to your natural body odor. Stronger smell helps your baby identify you easily (even in their sleep) and encourages breastfeeding.



## BACK ACHEs AND LEAKING URINE

Pelvic floor and core muscles can be weakened by pregnancy and postpartum causing backaches, urinary incontinence, vaginal fullness, pelvic pain, constipation, and more. A pelvic floor physical therapist can help.



**POSTPARTUM IS A VERY WET TIME. IT IS QUITE POSSIBLE YOU WILL BE LEAKING FROM EVERYWHERE: EYES, SKIN, VAGINA, URETHRA, BOOBS... BETWEEN HORMONAL SWEATS, MILK, AND POSTPARTUM BLEEDING, IT CAN BE A VERY DAMP PERIOD. BE PREPARED WITH RACHEL'S REMEDY REUSABLE NURSING PADS (WITH HEALING SILVER IN THEM- YOU'RE WELCOME!), BREASTFEEDING-FRIENDLY COMFORTABLE TOPS OR NURSING GOWNS, AND PLENTY OF CHANGES OF STRETCHY UNDIES AND PADS. FOR EXTRA COMFORT, TRY A SOFT REUSABLE FEMININE PAD, IT MAY HELP REDUCE THE DURATION OF YOUR POSTPARTUM BLEEDING.**

**Rachel's Remedy<sup>®</sup>**  
Feel the difference relief makes.  
**Kit Includes:**



**DOWN THERE RELIEF**

- 1 REUSABLE GEL PACK
- 10 DISPOSABLE SLEEVES

**BREAST RELIEF (2 SETS)**

- FLAXSEED FILLED PILLOW
- DETACHABLE CLOTH
- WATERPROOF POUCH



**NURSING PADS (6 PCS)**

- ULTRA ABSORBENT
- ORGANIC COTTON SHERPA
- PREVENTS BACTERIAL GROWTH



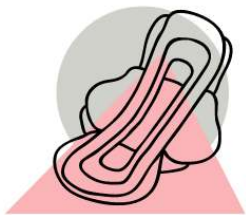
# Postpartum Care

## Steps for your postpartum recovery



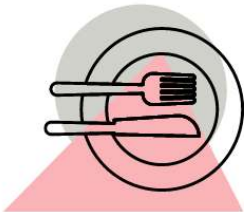
### Rest

The more rest, the faster and more complete the recovery. Aim for at least the 3 week rule: 1 week in bed- 1 week on the couch- 1 week in the house with minimal activity followed by 3 weeks of light activity.



### Stretchy

Comfortable, stretchy garments are the order of the day as your body continues to shift. The hospital-provided mesh underwear or other stretchy undergarments, transitional bras, and stretchy lounge clothes you can breastfeed in for comfort and ease.

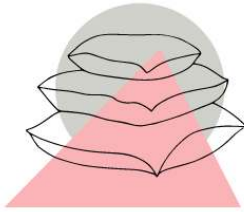


### Share

Communicate with those you feel safe with how you are feeling physically, mentally, and emotionally. Establishing early sharing with trusted individuals in your social circle and with health care providers can help prevent depletion and spot signs of postpartum mood disorders.

### Hydrate

Drink up! Staying hydrated helps with swelling and bloating, replaces any water lost with birth and hormonal sweats, supports breastmilk supply, and makes bowel movements easier.



### Hot / Cold

Ice packs for perineum or c-section incision discomfort can help reduce swelling and pain. Warmth on sore breasts and muscle aches can alleviate discomfort. Warm water in a peri bottle to squirt on the vulva area when on the toilet can help with going to the bathroom.



### Nourish

Giving birth has the same effects on the body as running a marathon and if you're breastfeeding it takes energy to make milk as well. Be sure to eat well throughout the day.



While the old adage “sleep when baby sleeps” has value, it isn’t always practical. Still, when it comes to postpartum healing, rest now or suffer more and rest later tends to be true. Prior to giving birth, set up as much as possible to be able to rest. CNM, Sue Potts recommends at least a 3 week rule- 1 week in bed, 1 week in bed or on couch, and 1 week with brief periods of standing and walking. Even better would be a 3-2-1 rule with 3 weeks in bed, 2 weeks on the couch, and 1 week with brief periods of standing and walking. Typically, 6 weeks is the minimum recommendation for resuming normal physical activity; easing into such activity starting at 6 weeks after plenty of rest can help reduce the risk of excessive bleeding and anemia (low iron).

Hormonal shifts can be drastic in the immediate postpartum. Dr. Lane Strathearn describes it as our hormones all hopping into a bus and riding up a mountain during pregnancy and then reaching the top and driving off a cliff. Within 72 hours of giving birth, some of the hormone levels in our bodies are already back to prepregnancy levels. These wild fluctuations can mean night sweats, mood swings, and sleep difficulties. This is normal.



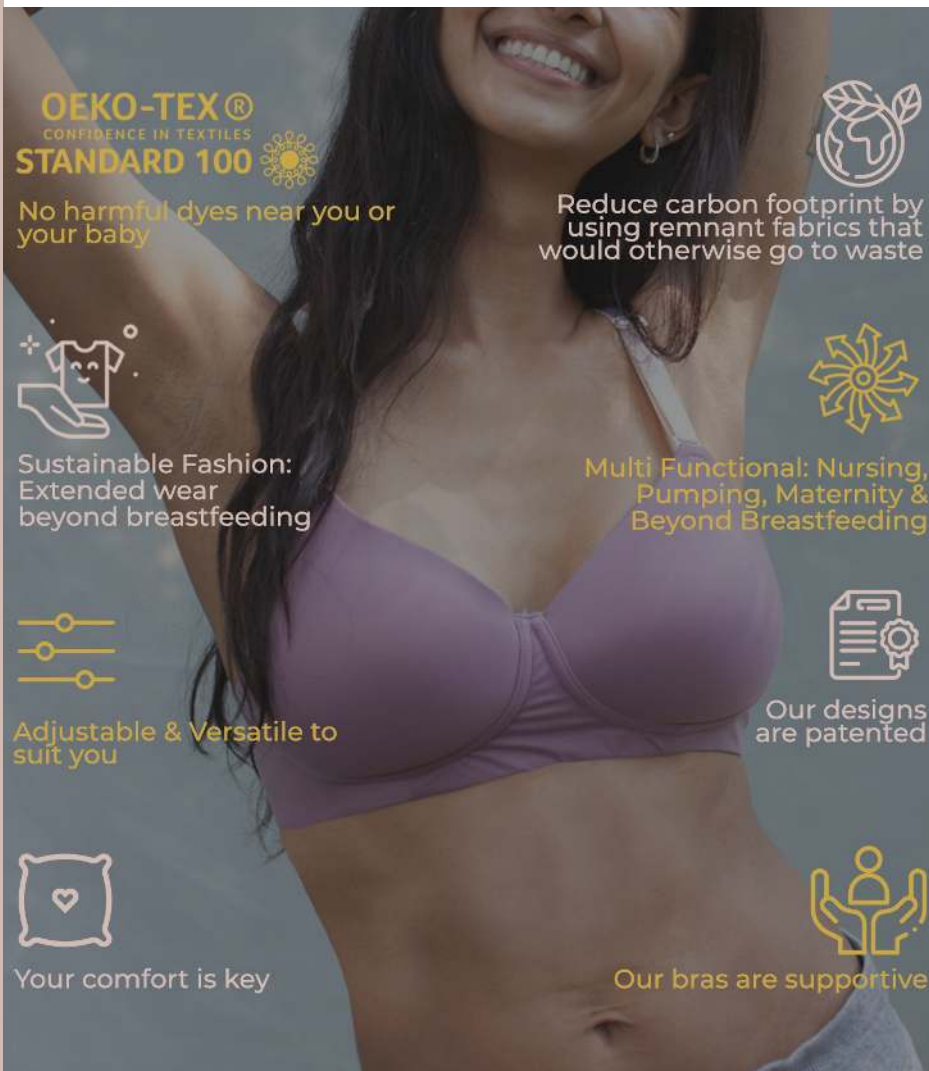
# TIP:

CONTINUE TAKING PRENATAL VITAMINS OR FIND A QUALITY POSTPARTUM AND BREASTFEEDING VITAMIN TO AID IN YOUR RECOVERY AND TO SUPPORT THE ADDITIONAL DEMANDS ON YOUR BODY THROUGH THE POSTPARTUM TRANSITION.



# Simple Wishes

Finding the right bra size can be very tricky (as many of us know). Simply measuring around the ribcage at the fullest part of your cup to get cup size was designed for women who are A-C cups. Once you get beyond the C cup range, it's hugely important to measure for the volume/projection in the cup by pressing the tape down to the breast bone. If you don't do that, you can often be off by 1-2 cup sizes. A video demonstration can be found here.



**OEKO-TEX®**  
CONFIDENCE IN TEXTILES  
**STANDARD 100**

No harmful dyes near you or your baby

Reduce carbon footprint by using remnant fabrics that would otherwise go to waste

Sustainable Fashion: Extended wear beyond breastfeeding

Multi Functional: Nursing, Pumping, Maternity & Beyond Breastfeeding

Adjustable & Versatile to suit you

Our designs are patented

Your comfort is key

Our bras are supportive

For even greater lounge comfort, the new  
**SIMPLE WISHES REVERSIBLE  
SLEEP LOUNGE NURSING BRA**

is an ideal comfy solution during those last few weeks of nesting and first few weeks of bonding with baby. Snuggle up!





A structured wire-free bra like the [SLING BRA](#) or [SUPERMOM BRA](#) works during pregnancy because both of these bras come with an Eezy Back Extender that allows for some flex and growth. The Sling Bra also has Undercover Bra Straps, so during pregnancy, you simply can hide the nursing clasps and convert the bra into a comfy everyday wear bra. The Sling Bra is a multi-tasking 4-in-one-bra that takes a mama from: maternity to nursing and pumping and then back to everyday wear.



Comfort  
&  
Support

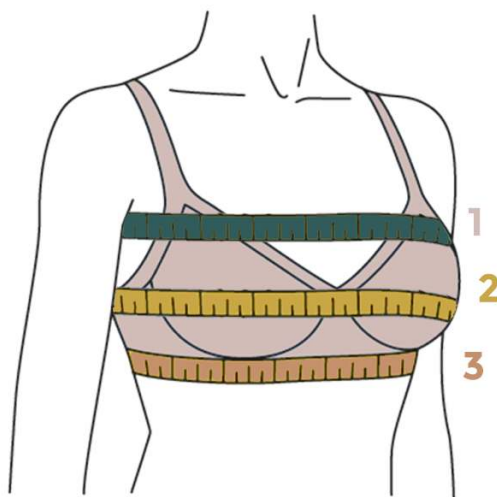
**- ALL IN ONE!**

# When to Measure for a Nursing Bra

A great tip is measure yourself in the **8th month** of your pregnancy to get a sense of what your size will be after the first 3-5 weeks postpartum of wild breast fluctuations as milk supply establishes and the body recovers from pregnancy.

## Measuring Steps

1. Measure around the top of the breasts, just under your arms.
2. Measure around the fullest part of the bust. Wear a good fitting bra that has little padding. **\*IMPORTANT:** Press the tape measure between your breasts to touch your sternum to get accurate measurement.
3. Measure around the ribcage, just beneath your breasts.



You can find more info on Finding the Right Bra fit here as well.

## Calculate Your Measurements

**Band:** Add measurement **#1** to **#3**. Divide by 2 then round up to the nearest even number.

**Cup:** Subtract your band measurement from measurement **#2**.

**Every 1 inch difference if 1 cup size** sizes: 1=A 2=B 3=C 4=D 5=E



**You're Not Alone**  
Join The Leaky Boob  
community Support,  
Information, and Connection.

Join the conversation



## Postpartum bleeding,

called lochia, comes from the site of the placenta attached to the wall of the uterus. This site becomes a wound that gradually shrinks as the uterus continues to contract. The bleeding is controlled by these contractions, the placental site wound usually healing within 2 weeks. Lochia is bright red blood for a few days, fading to pink-brown for about 8 days before transitioning to a yellowish fluid for up to 28 days. Lochia is a combination of blood, white blood cells, bits of fetal membrane, uterine lining, and mucus. It is possible to do too much before the placental wound has healed and thereby reopen the wound, causing fresh bleeding in that 6 week window. Some clotting is normal as are small gushes with positional changes. If you notice a clot the size of your fist or larger, steady gushing of blood without positional changes, or fill a postpartum pad in an hour, call your care provider and seek medical help.

# LEAKY WISDOM



The hormonal shift in the days following birth can be very tough. Set yourself up with a great support system, make sure you are well nourished and try to get as much sleep as you can. Sleep deprivation amplified everything for me.

**MEGAN**

***WHAT DO YOU NEED FOR  
FEEDING YOUR  
NEWBORN?  
SEE OUR NEXT SECTION  
AND GEAR AND PRODUCT  
TIPS THROUGHOUT THIS  
GUIDE.***

# The Normal Stages Of Lochia

## *(Postpartum Bleeding and Discharge)*

### **Lochia Rubra**

#### **Dark Red**

Occurring a few days after delivery, it is mainly made up of blood, bits of fetal membranes, decidua\*, meconium, and cervical discharge.  
\*part of the uterine lining in pregnancy.

Lasts 3-4 Days

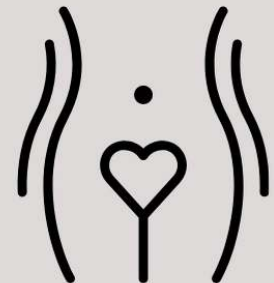


### **Lochia Serosa**

#### **Pinkish Brown**

It contains less red blood cells and has more white blood cells, wound discharge from the placental and other sites, and mucus from the cervix.

Lasts 4-10 Days

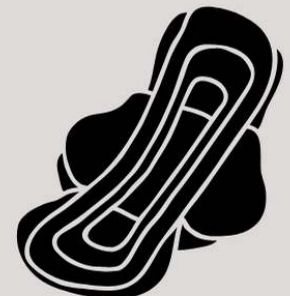


### **Lochia Alba**

#### **Whitish Yellow**

For about another 1-2 weeks, whitish turbid fluid drains from the vagina which mainly consists of decidual cells, mucus, white blood cells, and epithelial cells.

Lasts 10-28 Days



**Using a peri bottle** for the vulva when urinating for the first few times can help reduce stinging if there have been any abrasions or tearing. Having support like the Squatty Potty for initial bowel movements can ease the experience as can being well hydrated and having high fiber foods. Resist the urge to strain to poop, bearing down can interfere with your healing in the weakened state of your pelvic floor. Ask your health care provider about seeing a pelvic floor therapist and consider pelvic floor therapy a necessary part of a complete postpartum recovery. Pregnancy and birth can lead to pelvic floor and core injury such as organ prolapse and diastasis recti and seeing a pelvic floor therapist could reduce discomfort and pain now and in the future.



TIME TO REST MAY SEEM IMPOSSIBLE BUT REST IS ESSENTIAL FOR RECOVERY. HEALING TAKES TIME, THE MORE TIME YOU GIVE TO HEALING, THE MORE COMPLETE THE HEALING WILL BE. HEAL NOW OR HEAL LATER WITH POSSIBLY MORE TO HEAL AND DAMAGE TO REPAIR.

# POSSIBLE SIGNS OF POSTPARTUM MOOD DISORDERS

Any one of these may indicate a postpartum mood disorder. It is not a failure or personal shortcoming to struggle with mental health. Seeking help for mental illness is like seeking care for pneumonia to get the treatment necessary to return to full health.

If you recognize yourself in any of these, please speak to someone who can support you in reaching out to a health care provider for care, or call for crisis support:

USA: 1-800-422-4453  
Canada: 1-888-603-9100  
UK: 08457 90 90 90



Recurring feelings that your child would be better off without you

Anxiety that won't let you sleep or makes you not want to leave the home

Feeling that you don't want to be a parent and that feeling lasts for more than just a moment

Fear dominates your thoughts and actions

Fantasies of hurting yourself or disappearing from the world

Regularly feel rage toward yourself, your partner, or your child(ren)

Feelings of wanting to hurt or abandon your child

Feeling that you don't deserve to live

You can't get out of bed every day or you hide away from everyone

Sadness and despair color most of your experiences and interactions

TheLeakyBoob.com

 The Leaky Boob

Be aware of the signs of postpartum mood disorders. The drastic hormonal shifts in the body can bring on chemical imbalance and cause a range of postpartum mood disorders including postpartum depression, postpartum anxiety, and postpartum rage (a form of postpartum anxiety) and ready to support you should they observe any signs. Since mood disorders can convince us we need to hide our feelings and pretend everything is ok when it isn't, commit to being honest with at least one person about difficult feelings and share those emotions early.

***Those closest to you need to be aware of this possibility***

Experiencing postpartum mood disorders and seeking help for postpartum mood disorders is not weakness and it doesn't mean you are a bad parent or that you don't deserve to have your children. It is a health condition and just as you would not hesitate to get care for a broken arm, don't delay getting the care you need for your mental health.

# TIP:

STAY IN YOUR PAJAMAS! YOU WOULD NEVER ENTERTAIN GUESTS WHILE RECOVERING FROM BEING HIT BY A TRUCK, SO WHY WOULD YOU AFTER HAVING A BABY? LET VISITORS KNOW HOW THEY CAN HELP AND TO EXPECT TO LIMIT THEIR TIME BEFORE THEY COME INSIDE WITH A NOTE ON THE DOOR THAT YOU ARE PRIORITIZING RESTING TO RECOVER, BONDING WITH YOUR BABY, AND BREASTFEEDING.

## Postpartum

can be overwhelming on the best days, there is a lot of change that happens quickly. It is like being hit by a truck and then handed a tiny helpless human to care for as you recover.

Oh, and that tiny human needs to be fed with your body that was just hit by a truck. It's a lot! Having a baby is wonderful and beautiful and so special. And a lot. Be gentle and patient with yourself, your baby, and the process.



# When did you resume sex after giving birth?

3.7k votes



54%

By 12 weeks

1.9k votes



46%

After 12 weeks

1.6k votes

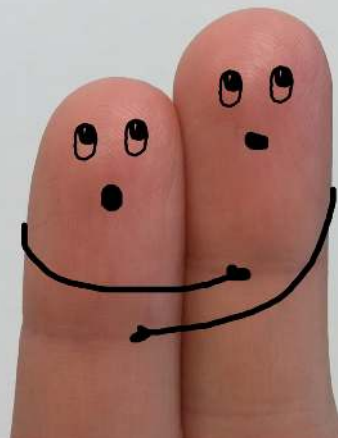
***SEX MAY BE SOMETHING YOU COULD NEVER IMAGINE HAVING AGAIN OR MAYBE YOU'RE LOOKING FORWARD TO GETTING FRISKY AS SOON AS POSSIBLE. THERE'S A WIDE RANGE OF NORMAL WHEN IT COMES TO SEX DRIVE POSTPARTUM. SPEAK TO YOUR HEALTH CARE PROVIDER IF YOU ARE CONCERNED.***

## Get the Ebook:

What to expect when it comes to sex after baby and the secret to more and better sex after baby.

### The Naked Truth About Sex... After kids

His and her perspectives on how to get more and better sex after baby



BY JESSICA AND JEREMY MARTIN-WEBER

# Postpartum Products

## Our Top Picks



The Maternity Nursing Bra Experts you need

### Rachel's Remedy - Down There Relief Pack

COOL IT! Seriously, cold on your bottom is your friend, but skip the hard block of ice and soggy undies with the Rachel's Remedy Down There Relief Pack. Everything your sore perineum and hemorrhoids could scream for.



### Good Clean Love

#### Almost Naked Organic Personal Lubricant

A lubricant that you can feel safe using! Made with aloe vera that's not only soothing, it isn't a sticky mess to clean up later! pH-balanced to keep everything healthy and happy. Not to mention it's water based, so it's silicone safe.



#### BioNude Ultra Sensitive Personal Lubricant

Another water-based lube that's pH-balanced and friendly for the naturally more sensitive. It uses a plant-based material that's hypoallergenic. Say bye-bye to itchiness and irritation with this lubricant.



# More Favorites



**Charlie Banana -**  
**Reusable Feminine Pads**



**Frida - Upside**  
**Down Peri Bottle**



**WishGarden -**  
**After Ease**



**Euphoric Herbals - Herbal**  
**Sitz Bath**



**The Honey Pot -**  
**Regular Herbal**  
**Pads with Wings**

## Other Brands to Check Out!

**Bamboobies - Nursing Pads**

**Aisle - Menstrual Products**

**Partumcare - Postpartum**

**Underwear**

**Birds and Bees - Healing Teas**

**SOPHi - Safe Nail Polish**

**Nurtured 9 - Self Care**



# Postpartum Checklist

- Getting lots of rest
- Lots of skin to skin time (it's good for you too!)
- Sitz baths
- Enlisting help, be specific - meals, laundry, house cleaning, dishes, etc.
- Put together your postpartum care items
- Ask your health care provider about pelvic floor therapy
- Well checks with care provider (they're not just for baby!)
- Hydration, hydration, hydration!
- Sleep when the baby sleeps, or half the time do something for you instead
- Do your kegels
- Prepare and freeze perineum ice relief solution
- Have easy favorite snacks ready to go





# Postpartum

## VITAL CONVERSATIONS

- Partner expectations (if applicable): What expectations do you have about your partner helping you take it easy after birth?
- Sharing the good, the bad, and the ugly with your partner and/or someone you trust
- Expectations related to sex, and the importance of prioritizing healing and general readiness for the person whose body went through the most change
- Regularly touching base with your partner about expectations versus reality
- Verbally processing the birth when you're ready. It's ok if it's not right away
- Don't wait to share physical pain, concerns, and questions with your care provider or IBCLC
- This includes feelings of depression. Don't take your chances with postpartum depression.

# Leaky Wisdom

“

Stay in your pajamas to send a signal to visitors that you're recovering and they shouldn't stay long. Also, set time limits for visits and don't get up to wait on visitors.

**AIMEE**

“

All the freezer meals. If friends ask what they can bring, tell them freezer meals. I was able to go a month without cooking because I pre-made so much food.

**ERIN**

“

Discuss a plan with your doctor, partner, family about postpartum mood disorders in advance.

**SHANNON**

“

Ask your doctor or midwife to put "no housework for 6 weeks" on your paperwork! Your job is to recover and take care of the baby, not keep house.

**JENNIFER C.**

“

You'll still have a baby bump after giving birth and that's totally normal.

**JENNIFER H.**

“

It doesn't make you a bad Mommy if you don't immediately fall head over heels, crazy in love with your newborn. We all are different in how long it takes to bond. It will happen.

**SANDI**

“

Ask for help when you need it. When someone offers help, accept it. Drink a crap ton of water. Don't overwork yourself. Dishes and laundry can wait.

**STEPHANIE**

“

Adult diapers are so much easier to use the first week after birth than pads.

**KATIE**



# FEEDING

## TIP:

SET UP A COMFORTABLE SPOT OR SPOTS TO FEED YOUR BABY WITH EVERYTHING YOU NEED HANDY- BABIES ARE BORN WITH TINY TUMMIES AND NEED TO EAT FREQUENTLY, YOU'LL WANT TO BE COMFY!

If everything is normal, the first few weeks with your newborn tend to be a blur of feeding baby, soothing baby, feeding baby, pottying/diaper changing (you and baby), feeding baby, watching baby sleep and willing yourself to sleep too, feeding baby... Lots of feeding.

Babies feed at least 8-12 times a day, sometimes more if they find comfort at the breast. In fact, the best thing you can do right after having a baby is stay in bed and feed them. That way you get to rest and recover and baby gets to as well and you both get to figure out feeding. It is a win/win! If you're breastfeeding there's no better way to set you up to reach your breastfeeding goals, and feeding frequently, keeping your baby close in your arms on your chest, resting and hydrating helps establish milk supply faster. The first few weeks can be the most difficult, so focusing on healing and feeding as you bond and rest with your baby is already a full plate in planning your priorities.



***COLOSTRUM IS THE  
CONCENTRATED, NUTRIENT-  
DENSE, HIGH CALORIE FIRST  
MILK AND HAS EVERYTHING  
YOUR BABY'S TINY TUMMY  
NEEDS FOR THE FIRST 3-5  
DAYS UNTIL IT TRANSITIONS  
TO MORE MATURE  
FULL MILK.***

There is something so special about holding your itty bitty newborn resting contentedly in your arms, their eyes full of trust and wonder, offering them what they need to grow and thrive, their tiny bellies filling with milk. The connection flowing with every drop filled with love. In general baby feeding is simple: have baby, feed baby. That's it. For the most part, that's really all there is to it and our biggest tip is don't go borrowing trouble, expect to be able to feed your baby without drama because that's usually how it goes.

**Unless it doesn't.  
You won't know until  
you're in it.**

It would seem like feeding a baby would be the easiest thing in the world, who doesn't like to eat, right? Yet as natural as feeding is there can be a surprising number of challenges with breastfeeding and bottle feeding. Feeding doesn't always come naturally and most experience at least a little bit of a learning curve. One of the most elemental pieces of baby care, feeding, is a part of every parenting journey no matter the method, so why is it so difficult sometimes?



## TIP:

THE EARLIER YOU CAN INITIATE BREASTFEEDING, THE BETTER WHICH IS WHY THE FIRST HOUR AFTER BIRTH IS OFTEN CALLED THE GOLDEN HOUR. BABY MAY NOT BE INTERESTED RIGHT AWAY BUT BEING BROUGHT TO THE BREAST EVEN IF THEY DON'T LATCH WILL ENCOURAGE MILK SUPPLY AND HELP THE BABY CALM AND ORGANIZE THEMSELVES.

## Create Your Breastfeeding Plan

- Tell care providers you intend to breastfeed in the first hour
- Have baby skin-to-skin immediately after baby is born
- Routine exams done on you or in your presence
- No bottles or pacifiers for 2 weeks
- Rooming in for hospital birth
- Request to see lactation
- Set up to receive breastfeeding support after birth.

# Feeding the Newborn

There are a few reasons why baby feeding can be challenging. Baby feeding is a learned behavior that many have never or rarely seen, increasing the learning curve to the experience. Sometimes there are anatomical challenges such as tongue and lip tie, high palate, weak muscle tone, small mouth/large nipple, tension, imbalance, insufficient glandular tissue (meaning there isn't enough milk-making tissue), nerve damage, Raynaud's Syndrome of the nipples (constricting of the blood vessels), and more. Other possible challenges include food sensitivities, mental health and postpartum mood disorders, food sensitivities and allergies, health issues for the baby such as jaundice, congenital heart defect, chromosomal abnormalities, and beyond.



## How to know when and how much a newborn should be fed

Every baby is unique; it is important to watch the baby, not the clock, but it can help to know the general range for normal newborn feeding. Responding to your baby's hunger cues will ensure you are meeting their specific individual needs.

### 0-3 DAYS

Feed 8-12 times in 24 hours, about every 2-3 hours taking in about a half an ounce per feed

### 2-13 DAYS

8-12 times in 24 hours, about every 2-4 hours taking in 1-2 ounces per feed

### 2-4 WEEKS

Every 2-4 hours, 2-3 ounces per feed

### 4-8 WEEKS

Gradually spacing out every 3-4 hours by 8 weeks with 3-4 ounces per feed

### 8-12 WEEKS

Every 3-4 hours, 4-6 ounces per feed

## Newborn feeding cues

Even newborn babies ask to be fed and have a unique set of behaviors to indicate hunger. By the time a baby is crying they are very hungry.

Licking lips

Tongue darting in and out

Rooting (moving jaw and mouth or head in search of breast)

Hands close to face

Opening their mouth

Fussiness

Sucking on everything around





**IF YOU'RE BREASTFEEDING, SOME DISCOMFORT THE FIRST WEEK OR TWO WHILE YOU GET USED TO IT IS NORMAL BUT PAIN THAT LASTS MORE THAN A FEW SECONDS OF THE INITIAL LATCH IS A WARNING SIGN THAT SOMETHING IS WRONG. THAT DOESN'T MEAN YOU ARE DOING SOMETHING WRONG BUT IT MAY MEAN IT IS TIME TO GET HELP.**

### **Possible challenges to breastfeeding include:**

- Lack of support (partner, family, social circle, employer, healthcare provider)
- Unaware of what is normal with breastfeeding
- Too much going on and missing feeding cues (visitors, appointments and checks, distraction, busyness, etc.)
- Pain (birth trauma, forceps, internal monitor, circumcision, etc.)
- Baby's physical limitations (ties, tension, high palate, cleft lip, etc.)
- Maternal challenges (insufficient glandular tissue, true inverted nipples, mental health barriers, insulin resistance, hormonal disruption, swelling, etc.)
- Barriers to access lactation support

### **TIP:**

**DON'T GIVE UP ON BREASTFEEDING ON YOUR WORST DAY.**

**Feeding anything other than breastmilk should be under consultation of an experienced and qualified healthcare professional. Speak with your child's pediatrician to determine the formula that is best suited to your baby's needs.**

**Leaky Wisdom**  
Served Fresh Every day!  
You're not alone, we're in this together.  
Receive support directly to your inbox, sign up [here.](#)



## **LEAKY WISDOM**

Your job is to feed the baby, not the freezer.



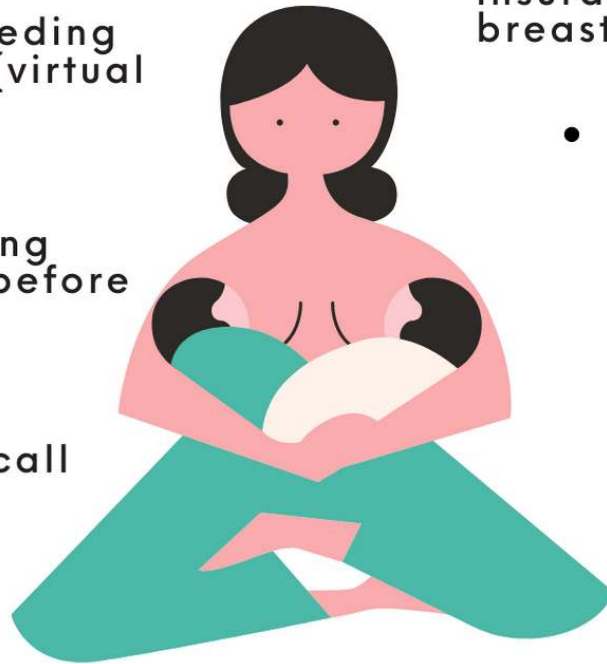
**JENNY**

# PREPARING TO BREASTFEED THE NEWBORN

Breastfeeding is natural but that doesn't mean it comes naturally. Set up to breastfeed your baby with some simple steps.

*This information is not intended to be medical advice or replace seeing a qualified health care professional.*

- Take a breastfeeding class (virtual or in person).
- Join a breastfeeding support group (virtual or in person).
- Consider meeting with an IBCLC before baby is born.
- Learn when to call your lactation consultant for support.
- Create a breastfeeding plan and communicate it to your breastfeeding providers.
- Try to see breastfeeding- in person, photos, and videos.
- Learn what a good latch looks and feels like.
- Share your plans to breastfeed with your family and social circle and that you would like their support, encouragement, and respect for the process.
- Determine if you need to pump, what pump you will use, and if your insurance will cover your breast pump.
- If you will be returning to work after you have your baby and will need to pump, communicate your need for space to pump to your employer prior to your maternity leave.
- Your breasts naturally prepare themselves for breastfeeding; other than having a comfortable well fitting bra and clothing to facilitate access, there is no need to do anything to prep your breasts.





## Ultimately,

no two baby feeding experiences are exactly alike because every baby, every parent, and every set of circumstances and resources are unique, every time. It is important to meet your baby's needs with respect to the individual they are. Some babies may require more guidance and some are perfectly comfortable

leading their feeding routine, waking every 2-4 hours and feeding well. A baby sleeping too much (yes, it is possible!) or going too long between feeds may not be getting enough milk to satisfy their growth requirements and may switch to conservation mode by sleeping too much, requiring encouragement from their caregivers to feed more frequently. Seeing a health care provider experienced in caring for newborns and informed regarding normal newborn feeding, including human lactation, can help spot possible warning signs.

***MOIST HEAT CAN HELP SOFTEN ENGORGED BREASTS, PROMOTING MORE EFFECTIVE DEEP LATCH, FACILITATING AN EASED LETDOWN, AND RELIEVING DISCOMFORT. USE RACHEL'S REMEDY BREAST RELIEF PACKS BEFORE FEEDINGS AND ENCOURAGE BREASTMILK PRODUCTION.***



# Cluster Feeding and the Breastfed Baby

## Keep Calm and Boob On

Suddenly it seems like baby just can't get enough milk and wants to feed multiple times an hour for several hours. What's going on? Before you panic that baby isn't getting enough milk, it may be cluster feeding.

- Temporary frequent feedings
- Not all day long
- Several Short feeds over a few hours
- Comforts baby
- Typically in the evening
- Usually related to growth spurt or developmental milestone
- Plenty of wet and soiled diapers
- Naturally increases milk supply
- Can happen any time
- Usually lasts between 3-5 days

*If it seems that baby cluster feeds all day and is never satisfied, falls asleep at the breast without a full feed, has minimal urine output, or is not growing well, see your child's health care provider.*

Breastfeeding is the biologically normal way to feed human infants. You and your baby will have a lot to learn in the process but are well equipped to do so. If you are planning to breastfeed, creating a breastfeeding plan before you have your baby can set you up to better reach your breastfeeding goals. Try different breastfeeding positions to find the ones that are most comfortable for you and your baby. Pumping and bottle feeding may need to be a part of your breastfeeding journey but isn't required for every breastfeeding journey to be successful. It is not necessary to pump to be able to tell if your baby is getting enough milk from you; barring any specific challenges, babies are usually more efficient at getting milk from the breast than a pump and the amount you pump is not a reliable indicator of breastmilk supply. Babies have their own way of indicating if they are getting the milk they need even without measuring ounces or seeing them consume the milk, which works out great for breastfed babies.

**WHAT DO YOU NEED FOR YOUR BABY'S SLEEP? SEE OUR NEXT SECTION AND GEAR AND PRODUCT TIPS THROUGHOUT THIS GUIDE.**



## Signs your baby is getting enough milk:

- Expected number of feeds in 24 hour periods
- You can see and hear your baby swallowing
- Feeding suck pattern starts with a few rapid sucks followed by long regular sucks and swallows with occasional pauses
- Baby is relaxed and calm during feeds
- Releasing the breast on their own at the end of the feed, baby appears relaxed and content
- Alert and active periods during awake time
- Cheeks are not hollow or sucked in during feeding
- Breast tissue feels softer after feedings
- No signs of dehydration (soft spot is not sunken, skin is plump, plenty of wet diapers)
- Baby is within accepted weight loss in first few days and back to birth weight by 2 weeks
- Bowel movements transition from meconium to mustard-colored seedy loose stools
- Baby is meeting growth and developmental milestones
- There is acceptable urine and bowel movement output

### TIP:

EVERY DROP OF BREASTMILK COUNTS, IT DOESN'T HAVE TO BE ALL OR NOTHING FOR YOUR BABY TO STILL RECEIVE THE VALUE OF BREASTMILK.



**Brand new tummies can't easily digest anything other than breastmilk and formula which have everything necessary and are the only safe feeding options for newborn babies unless otherwise directed by your child's healthcare provider to use a specific product to address particular health care concerns.**

## Not all breasts leak

but have nursing pads before giving birth because leaking is most likely to happen in the first 6 weeks. Bras with multiple adjustment options and transitional fit are not only more comfortable as your body shifts and changes postpartum, they can help avoid complications like mastitis and clogged ducts. Nipple cream that is soothing without being sticky and uses a food grade base such as olive oil or coconut oil can be protective, promote healing, and be safe for you and baby.

## LEAKY WISDOM



Pain in breastfeeding isn't normal even if it is common. If you're experiencing pain while feeding baby, seek out the help of a lactation consultant because there's possibly a very easily fixed problem with latch, etc.

**AMBER**



# BOTTLE-FEEDING THE NEWBORN

*This information is not intended to be medical advice or replace seeing a qualified health care professional.*

If your baby will be getting a bottle there is still a learning curve to feeding. Selecting a bottle that is right for your baby may take some trial and error so don't get a bunch of the same bottles until you know it works for your baby.

With breastfeeding, the breasts automatically respond to the baby's growing needs; bottles require the care provider to fill this role of responding to the baby's signals needing more milk. Watch how your baby responds to the bottle, adjust as necessary. A good latch on a bottle nipple is just as important as on the breast and can reduce swallowing air, reflux, and gagging. Nipple shape is key in bottle-feeding and it is important to find what is most comfortable for your baby. There are 3 main shapes for bottle nipples: narrow, gradual, and wide. Many babies do well with a gradual nipple shape as this shape may help the baby's lips to rest on a portion of the base, and help the lips to form a complete seal. You want to make sure your baby is able to maintain a deep and effective latch on the nipple and not sliding down to the tip during a feed. See an infant feeding specialist such as an IBCLC if your baby struggles with bottle feeding.

**Help establish a positive association with feeding, avoid overfeeding, and keep baby comfortable.**

## EYE CONTACT WITH CARE PROVIDER

Focused attention on care provider indicates a baby that is secure, relaxed, and comfortable with the flow of milk.



## GENTLE FISTS OR RELAXED HANDS NEAR CENTER OF BODY

Not splayed fingers or out away from the body.

## LIPS LATCHED DEEPLY ON THE BOTTLE NIPPLE WITH A FULL SEAL

Flared top lip flared, top lip in neutral, not pinched and narrow like sucking a straw.

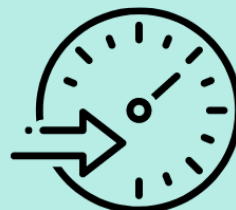


## NO LEAKING OUT THE SIDES OR WHILE ACTIVELY SUCKING

Baby is able to maintain a good latch all the way around the nipple.

## NIPPLE FLOW THAT BABY CAN MANAGE

If breastfeeding as well, base this on breast flow, this isn't one-size-fits-all.



## PACED FEEDING RESPONDING TO BABY'S CUES

Bottle-feeding respecting the baby's own natural rhythm of pauses, pace, and individual appetite and satiation.



evenflo  
feeding

# Balance +

RECOMMENDED BY FEEDING  
EXPERTS & 97% OF PARENTS

***THERE IS NO ONE PERFECT BOTTLE NIPPLE FOR ALL BABIES BUT TO FIND THE BEST ONE FOR YOUR BABY, START WITH A BOTTLE THAT IS WELL BALANCED IN DESIGN, EASY TO CLEAN, FITS YOUR BUDGET, AND HAS A NIPPLE SHAPE THAT WILL ENCOURAGE A WIDE DEEP LATCH THAT SEALS ALL THE WAY AROUND.***

Avoid overfeeding the bottle-fed baby by making sure anyone giving baby a bottle does so with paced feeding. Paced feeding is a method of bottle

feeding that is usually slower and includes switching sides, which promotes development and visual stimulation.

When baby pauses and breathes, the care provider tilts the bottle so milk doesn't fill the nipple, allowing baby the natural breaks that happen at the breast. When baby begins to suckle again, the care provider again angles the bottle for there to be milk in the nipple. The care provider encourages frequent pauses. Baby is not prompted to finish the bottle if they get sleepy or turn away from the bottle but rather their feeding cues are respected.

Baby feeding is a significant part of the new baby journey; you'll spend so much time thinking about, doing, and cleaning up from feeding and the other end of that- pooping and peeing! Take it one day at a time and ask for help if you're unsure.



# Feeding Product

## Our Top Picks

### LittleBeam - Nursing Pillow



Imagine your memory foam dreams coming true in a nursing pillow. Firm without being hard, the shape helps you get the support you need to position your baby in your favorite breastfeeding position.

### Balancing Breast and Bottle by Amy Peterson and Mindy Harmer

Take the guesswork out of bottle feeding whether you're breastfeeding and bottle feeding or solely bottle feeding with this no-fuss, easy to understand resource and feed your baby with confidence. Available in print and digital formats, you can get started reading what Amy Peterson, IBCLC, Mindy Harmer, SLP, CLC have to share to bottle feed with success.

### Evenflo Feeding - Evenflo Feeding Balance + Bottle

This bottle is a game changer! A gradual transition to the base gives baby's lips someplace to rest with a naturally deep and wide latch, meaning less air and leaks.



*Balancing*  
Breast and Bottle



by Amy Peterson, BS, IBCLC, & Mindy Harmer, MA, CCC-SLP, CLC

## Lactation Cookie Express - Lactation Cookie Mixes

Couldn't find a tastier way to boost your milk supply than by chowing down on some delicious cookies! There are many options, so you're sure to satisfy your craving, but if you have a specific flavor in mind there's a base mix so you can add your favorite cookie ingredient!



## Rachel's Remedy

### Breast Relief Packs

Ease pain, alleviate engorgement, encourage let-down, relieve pressure caused by clogged ducts, and in general reduce discomfort. Grant your boobs relief with these reusable moist-heat/cool packs.



### Antimicrobial Nursing Pads

Babies are the cutest, leak spots on your top, not so much. Keep your tops dry with the soft comfort of these nursing pads and fight bacteria and yeast overgrowth at the same time thanks to the silver ions woven into the fabric.

## Legendary - Pump Princess, Liquid Gold® and Cash Cow®

Most concerns about milk supply can be addressed with skin-to-skin, breastfeeding on demand, and seeing an IBCLC to determine the underlying cause, but if you need a boost, these are some favorites! When supply isn't a concern but you're prone to clogged ducts, try their Sunflower Lecithin—your boobs will thank you!





## Pura Stainless - Kiki 11oz Infant Starter Set

Love these water bottles! Every spout insert is soft and pliable so it doesn't hurt little teeth or soft palates! What's even better, every top can fit every bottle. No more searching for the right part for the right bottle, mix and match away!

## Amara Organic Baby Food - Amara Organic Baby Food

Finally, a baby food that I'd actually want to try myself. Why feed a baby something you can't even stand the taste of? Amara Organic Baby Food actually tastes good! Newborns aren't ready for solids until at least 6 months, but it's good to have a plan so you aren't rushing to find a reliable source!



## Milkies - Milk Trays

No crying over spilled milk when you can store one ounce at a time and just use exactly what you need for baby.



# More Favorites



**Haakaa - Gen. 2  
Silicone Breast Pump**



**Bamboobies - Variety  
Pack Nursing Pads**



**Motherlove - Nipple  
Cream**



**Ardo - Calypso-To-Go  
Breast Pump**



**Milkies - Durable and  
Leak-Proof Breastmilk  
Storage Bags**

## Other Brands to Check Out!

**Undercover Mama - Nursing  
Clothes**

**Olababy - Utensils**

**LactaMed - Nursing Bras**

**Latched Mama - Clothes**

**Kindred Bravely - Nursing Bras**

**Unimom - Breast Pumps**

**Nooni's - Nursing Bras**

**Earth Mama - Nipple Butter**

**Kiinde - Breastmilk Storage**

**PumpEase - Pumping Bras**

**Twin Z - Nursing Pillows**



# Feeding Checklist

- Figure out what accessories you want for feedings (pillows, water, etc.)
- Check with your insurance company as to what is covered related to lactation and feeding
- If planning to breastfeed, create a breastfeeding plan
- Learn how to use your breast pump if you will be pumping
- Connect with a breastfeeding helper such as an IBCLC
- If bottle feeding, select 1-3 bottle types to try with your baby
- If you plan to formula feed, speak to your baby's pediatrician to determine the right formula for your baby
- Learn what normal feeding looks like
- Familiarize yourself with hunger cues
- Set up a feeding spot with everything you need to be comfortable during a feed



# Feeding

## VITAL CONVERSATIONS

- Discuss with your partner your baby feeding plan and goals, decide if you will take a class.
- Don't wait to share physical pain, concerns, and questions with your care provider or IBCLC, and your partner.
- Discuss with your partner how they can support you (providing pillows, blankets, water, cleaning pumping parts, changing baby's diaper between sides, burping baby, etc.)
- If you'll be working outside the home, discuss pumping breaks and space with your employer.
- Share what will discourage you, what you want to hear and what you don't want to hear about feeding your baby with those around you. Set and communicate boundaries.

# Leaky Wisdom

Cluster feedings are the most trying thing about breastfeeding. Hang on tight, they don't last forever.

**ANGEL**

Take a breastfeeding class and get the contact info of an IBCLC before you have your baby. See what lactation services and support your insurance covers ahead of time.

**TARA**

Feed your lil one at the same breast you stopped at. This helps with supply increase.

**NISHA**

Babies fuss at the breast and it doesn't mean they don't like you or your milk. It's just what they do.

**KATIE**

Don't give up. The first 2 weeks are the hardest.

**SAMANTHA**

It's ok to keep trying when it gets difficult -- don't quit just because someone else thinks you should quit. It's ok to be done trying to make it work -- don't keep trying just because someone else thinks you should keep trying. Nobody besides you gets to decide what's right/best for your baby.

**SARAH**

**Leaky Wisdom for every day**  
Receive support directly to your inbox, sign up [here](#).

**Join the conversation**





# SLEEP



BY REBECCA MICH,  
ORIGINALLY PUBLISHED ON  
[CHILDRENSSLEEPCONSULTANT.COM](http://CHILDRENSSLEEPCONSULTANT.COM)

Only a parent will hear the phrase 'sleep like a baby' and want to burst out laughing. Because we all know that to sleep like a baby means waking several times a night, having needs that can only be met by someone else, and not even being able to open a window if we're too hot! Sleeping like a baby does not sound like a peaceful prospect at all! Here's the lowdown on how a newborn really sleeps.

***ADJUST YOUR EXPECTATIONS OF WHAT CONSTITUTES "GOOD" SLEEP FOR A NEWBORN. IT IS EASIER TO MANAGE THE REALITIES OF NEWBORN SLEEP IF YOU HAVE REALISTIC EXPECTATIONS IN THE FIRST PLACE.***

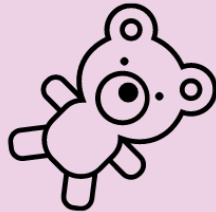


# SLEEP AND YOUR NEWBORN

**FIRM AND FLAT SURFACE, SECURED WITHOUT ANY GAPS.**



**NO LOOSE BLANKETS OR SHEETS, BUMPER PADS, OR PLUSH TOYS IN THE SLEEP SPACE.**



**PLACE BABY ON THEIR BACK TO SLEEP, EVERY TIME.**



**SMALL TUMMIES MEAN FREQUENT WAKINGS TO FEED EVERY 2-4 HOURS.**



**NEWBORNS ARE NOISY SLEEPERS- GRUNTS, GROANS, AND SNUFFLING IS NORMAL.**



**BREASTFEEDING FURTHER REDUCES THE RISK OF SIDS(SUDDEN INFANT DEATH SYNDROME).**

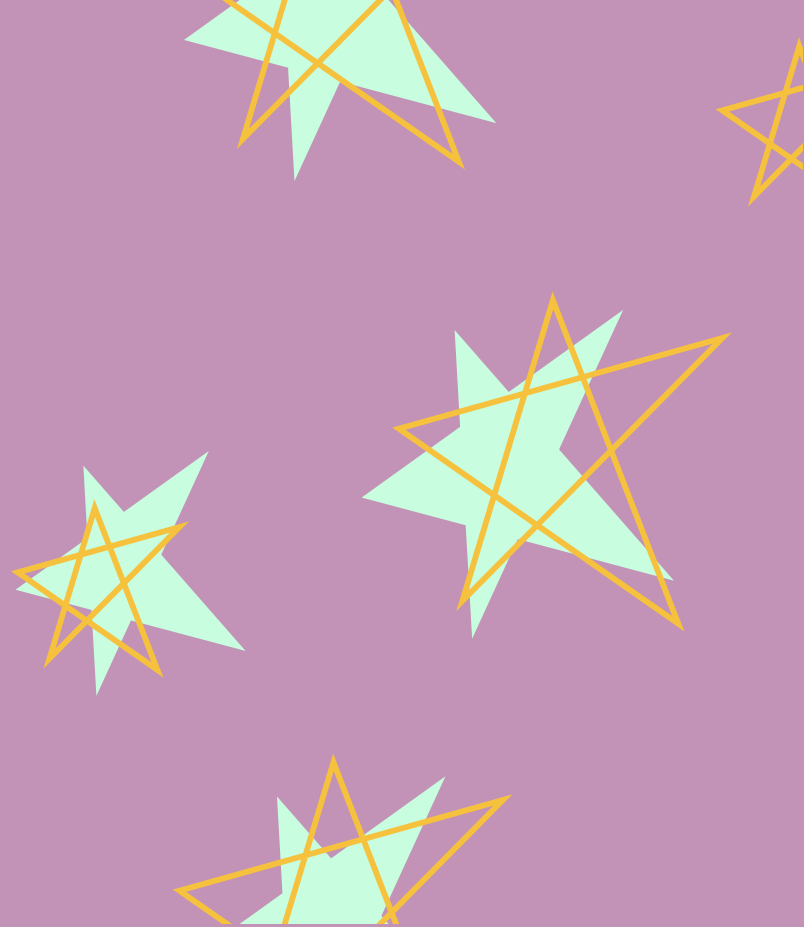


A newborn's sleep patterns are very different to our own. They experience many more sleep cycles per night, and as a result go through many more REM phases too. This means that there is more potential for waking, and more chance that they will need some help getting back to sleep. Add to that the fact that a newborn baby's tummy is only very small and needs filling regularly, then you have some idea of how they're going to sleep at night.

***FOR NEWBORNS, ALL SLEEP IS A NAP, AS THE PART OF THE BRAIN THAT IS RESPONSIBLE FOR THE DISTINCTION BETWEEN LONGER NIGHT TIME SLEEP AND SHORTER DAY TIME NAPS IS NOT YET DEVELOPED. WAKING EVERY 2-4 HOURS IS NORMAL AND PROMOTES FREQUENT FEEDING AND REDUCES THE RISK OF SIDS. THEY WILL OFTEN SLEEP BEST WHILE HELD SKIN-TO-SKIN.***

# TIP:

MOVEMENT SUCH AS ROCKING HAS BEEN A REGULAR PART OF YOUR BABY'S LIFE FROM THE BEGINNING AND THEY MAY STRUGGLE TO FALL ASLEEP BEING STILL. ROCKING OR BOUNCING IS SOOTHING, TRY HOLDING YOUR BABY SWADDLED WHILE GENTLY BOUNCING ON AN EXERCISE BALL IF THEY ARE HAVING DIFFICULTY FALLING ASLEEP.



## LEAKY WISDOM

It isn't a race to get baby to sleep through the night. How your newborn sleeps is not a reflection of your parenting and will not screw them up for life.

**JENNY**



In case you were wondering, not many newborn babies sleep soundly. Grunts and groans are completely normal and you might be surprised at just how loudly they occur too. Then you get the jerky reflex movements too, and it seems as though your baby is never going to be able to sleep through it all, let alone you!

**Swaddling will help with the reflexes, by the way.**

But did you know that waking up is only really one of the issues that newborn babies bring with their sleep? Most parents are unprepared for the noises they make too!

**You're ready** for your baby to cry, right? You know that this is how they communicate a need to you and until they are speaking (and therefore much older) this is their only way of getting your attention. So we, as parents, expect our babies to cry. But then they start to grunt... and groan... and moan... and really quite loudly too. What's that all about?

It can be alarming. Parents will often wonder if their baby is struggling to breathe. And it's worth saying here that if you are at all concerned about this, please seek medical attention. But it's also worth noting that some grunts and moans are perfectly normal too. It's a minefield, isn't it?



MANY BABIES SLEEP BETTER SWADDLED IN A LIGHTWEIGHT SWADDLE BLANKET OR A WEARABLE BLANKET DESIGNED FOR SAFE AND EASY SWADDLING. BABIES LIKE TO BE SWADDLED BECAUSE IN THE WOMB THEY WERE COMPRESSED IN A TIGHT SPACE WHICH LIMITED THEIR MOVEMENTS. WITH A STARTLE REFLEX AND LACK OF CONTROL OF THEIR OWN JERKY MOVEMENTS, YOUR BABY MAY WAKEN EASILY, AND BEING SECURELY WRAPPED WHILE THEY ARE SLEEPING MAY HELP THEM GET BETTER SLEEP. SWADDLE YOUR BABY SNUGGLY, ALLOWING FREEDOM OF MOVEMENT IN THEIR LEGS SO AS NOT TO STRAIN THEIR HIPS. NOT ALL BABIES ARE FANS OF SWADDLING, SO FOLLOW YOUR BABY'S CUES ON WHAT WORKS FOR THEM.



# Setting Up Your Baby's Sleep Environment

## SOFT LIGHT

Helps you see for diaper changes and feedings and sets the mood. Newborns aren't affected by different lighting much, that develops later.

## WHITE NOISE

The womb is full of sounds and white noise can be very soothing.

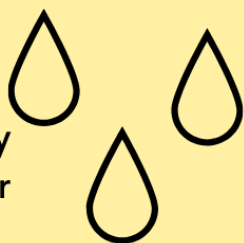


## INVITING, RELAXING, AND COMFORTING FOR YOU

You'll be caring for your baby in this space and your baby will sense your relaxed state as well, helping them to relax.

## MOISTURE IN THE AIR

The mucus membrane of the newborn nasal passage is so tiny it easily can become inflamed or congested. Running a humidifier can help baby breathe easier.



## TEMPERATURE

The ideal temp is somewhere between 68 and 72 degrees Fahrenheit but accommodations can be made for temps outside of that range with appropriate and safe sleep clothing.

As your baby moves through sleep cycles, you'll notice periods of deep, peaceful sleep, alongside periods of very noisy grunty sleep too. It's quite normal!

If the noise bothers you, first of all, rest assured that your baby is going to sleep through all of this. But that doesn't make it any easier for you if you're used to silence as you sleep! It might help to use a white noise app to muffle the sounds a little, but really there isn't much you can do. As your baby sleeps, you'll notice that her breathing moves in cycles too. Breaths will become faster and deeper, then slower and shallower. Breathing can also pause for up to five seconds- the longest five seconds in every parent's life. This is called periodic breathing and, again, is quite normal.

## TIP:

IF YOU'RE SHARING A ROOM WITH YOUR NEWBORN, SINCE YOUR BABY IS USED TO THE SOUNDS OF THE WOMB, WHITE NOISE MAY HELP YOUR BABY SLEEP MORE PEACEFULLY, AND YOU MAY SLEEP BETTER AS WELL WITH A LITTLE SOUND COVER FOR THE NORMAL NEWBORN SLEEP NOISES. DON'T WORRY, YOU'LL STILL HEAR YOUR BABY STIRRING WHEN THEY NEED YOU.





**A supportive, sustainable plan  
for sleep training your baby**

Rebecca Michi

A newborn will generally breathe 40 breaths per minute, but this can slow down to around half during sleep. All of this is thanks to an immature breathing-control centre in the brain. And along with the 'odd' breathing patterns, there are the noises. Squeaks, grunts, moans, groans- they're all normal. As already mentioned, if you are at all concerned about your baby's breathing, seek medical attention at once.

### SIGNS OF RESPIRATORY DISTRESS INCLUDE:

- Rapid breathing- more than 70 breaths per minute
- Persistent grunting- if baby grunts at the end of each breath, call the doctor to have the breathing assessed
- Nostril flaring- baby could be working too hard to get air into the lungs
- Retractions- if the muscles under the ribs appear to be working too hard they will be more visible and will contract more deeply than usual

## Dressing your baby for sleep

Newborns need help regulating their body temperature; dressing them for sleep will depend on the season, climate of the sleep space, and their own temperature tendency. Dress baby for comfort, being careful that keeping them warm doesn't lead to overheating.

<b>Very Light</b>	Diaper +	linen/ a thin cotton blanket	OR	swaddler/ a linen wearable blanket				
<b>Light</b>	Onesie +	thin linen/ a cotton swaddle blanket	OR	lightweight cotton/ cotton blend swaddler	OR	wearable blanket		
<b>Medium Light</b>	Onesie +	cotton gown & socks	OR	footed pajamas & thin swaddle blanket	OR	lightweight cotton/ cotton blend swaddler	OR	wearable blanket
<b>Medium</b>		Light-weight cotton gown & socks	OR	footed pajamas & a medium-weight swaddle	OR	medium weight swaddler/ wearable blanket		
<b>Medium Heavy</b>	Onesie +	medium weight cotton gown & socks	OR	footed pajamas & a medium weight swaddle	OR	medium weight swaddler/ wearable blanket		
<b>Heavy</b>	Onesie +	medium weight gown, socks, & pants	OR	medium footed pajamas & a warm swaddle	OR	swaddler & wearable blanket		

TheLeakyBoob.com

 The Leaky Boob

*\*Wool is a breathable material that comes in different weights and thicknesses for effective layering options for sleep. Fleece is not a breathable material and may lead to overheating for sleep.*



***HOW YOUR BABY SLEEPS IS NOT A REFLECTION ON HOW GOOD THEY ARE, THEIR CHARACTER, OR YOUR PARENTING. BABIES ARE NOT GOOD OR BAD BASED ON THEIR SLEEP, THEY'RE BABIES, OF COURSE THEY'RE GOOD! THE WAY A NEWBORN SLEEPS TELLS US NOTHING ABOUT ONE'S PARENTING EXCEPT THAT THEY ARE PARENTING A BABY. SLEEP DEVELOPMENT MEANS THROUGH THE TODDLER STAGE YOUR CHILD WILL HAVE SHIFTS AND PROGRESSIONS OVER TIME, SO EXPECT CHANGES ALONG THE WAY.***

# Sleep Products

## Our Top Picks

### Woolino - 4 Seasons Sleep Bag



### Crane - 4 in 1 Top Fill Humidifier

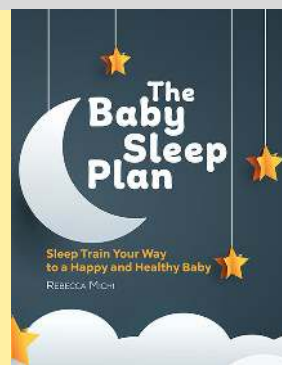
Tiny nasal passageways breathe easier with moisture in the air and are less likely to get sick. Covering up to 500 sq. ft Crane's New 4 in 1 Top fill humidifier with Sound Machine prevents dryness and congestion with white noise options for better sleep!



These sleeping sacks are made out of wool with a unique ability to help regulate your baby's body temperature. That means when it's hot, the baby will stay cool, and when it's cold, the baby will stay warm. The straps can snap so you can use the side zipper to lay the sack open and flat for a smooth transition.

### The Baby Sleep Plan by Rebecca Michi

Written by our favorite and most reliable sleep consultant we know, Rebecca Michi prepares and guides parents through their child's sleep patterns. Educating on what's healthy and what is not, what to expect and what to let go of, as well as helpful tips and tricks for better healthy sleep for everyone.

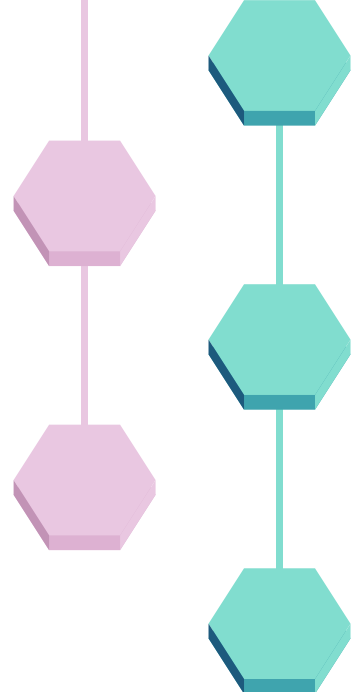




## Love to Dream

### - Swaddle Up

A must-have for sleep time! With a dual zipper, it has a guard to protect your baby's skin and prevent them from chewing on the zipper tab. The arm spots are unique in how they position the sleeping baby's arms, a position proven to really work for our baby!



## Ready Rocker's New Ready Rocker

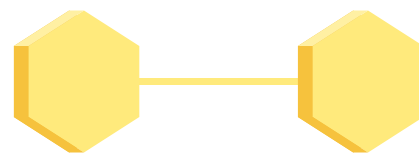
Need a rocking chair but don't have the space? Traveling with a little one who needs to be rocked to sleep? The Ready Rocker is the friend you need! Simple, compact, and it gets the job done. Find a place to sit, prop up the Ready Rocker for your back, and get to rocking!



## Naturepedic - Classic Baby Mattress



It's the only certified crib mattress that is made from all organic materials! This mattress is breathable and the perfect amount of firm to insure your baby's safety (because babies can't sleep on super soft things). But despite that, it's very lightweight!



# More Favorites



**Pip & Grow - Smitten Sleeper**



**Baby Delight - Snuggle Nest  
Dream Portable Infant Sleeper**



**Baby Delight - Beside Me  
Dreamer Bassinet & Bedside  
Sleeper**



**GooseWaddle - 2pk  
Receiving Blanket**



## Sleeping Checklist

- Set up baby's sleep space (bed space, humidifier, white/pink noise option, etc.)
- Determine comfortable temperature for the sleep environment
- Use your baby's sleep time for self-care: relax, read, rest, sleep, watch something, journal, whatever you need
- Understand normal newborn sleep and have realistic expectations
- Have a mix of sleepwear options to figure out favorites
- Baby monitor set up
- Rocking chair, glider, or exercise ball for settling baby
- Familiarize yourself with hunger cues
- Swaddle blankets and swaddlers based on season
- Learn about baby sleep signals



*Sleeping*

## VITAL CONVERSATIONS

- Where will the baby sleep?
- Discuss changes in baby's sleep patterns with your partner
- Discuss nighttime expectations with your partner (who feeds the baby and how to support them, taking turns with diaper changes, who goes and gets the baby when they wake, etc.)
- Discuss bedtime routine with partner
- How will you respond to being asked if your baby is "a good baby?"

# Leaky Wisdom

“Coffee, easy snacks, vitamins. House work gets done when you can. Laundry is never done. Set up diaper stations. None of us have our act together, but some hide it better.

**LUPE**

“Don't compare your baby to anyone else's... and if someone tries to tell you that a baby waking up to eat isn't normal feel free to ignore them.

**MAKAILA**

“Set up your sleep space intentionally, if you're going to cosleep, know how to do so safely and don't do it on accident in an unsafe space.

**KARA**

“Learn what is normal. Don't listen to those who think babies should and can sleep through the night. That is not what they are supposed to do from a biological point of view.

**KELLY**

“Don't be quiet around a sleeping baby. Vacuum, play music, watch tv, babies are used to noise in the womb ( up to 90-120 dB) their natural environment is noisy so don't be quiet.

**BETI**

“Sleep sacks, white noise machines, and a soft light can help everyone sleep better!

**REBECCA**

“Resist the urge to let them sleep in their bucket car seat out of the vehicle, it is too dangerous. Take them out even if it wakes them.

**CAREY**

**Find more support**

Sign up for TLB emails [here](#).

**Join the conversation**





# GEAR

Baby gear. In my 11 years of experience working in baby retail, nothing brings out the “deer-in-the-headlights” look quite like the displays of car seats, strollers, and baby carriers. There are so many options! Whether they just wanted to pick something up for themselves or they were there to create a baby registry, those poor parents-to-be had no idea what they were in for. If only baby gear was like magical wands, where the gear picks you!

While there is no magical experience where the gear chooses the baby, we can demystify the process of determining what gear you want to have. Selecting gear that is right for your

BY VICTORIA STRONG  
BABY GEAR CONCIERGE

family is a combination of evaluating your needs, resources, personal preferences and style, and lifestyle. With a few key guiding points, you’ll be able to prepare for baby and get what you’ll actually use. You may even enjoy the process.

***MORE ISN'T ALWAYS MORE. DON'T GO OVERBOARD IN GETTING GEAR, MOST ISN'T USED FOR VERY LONG BEFORE BABY GROWS OUT OF IT SO GET ONLY WHAT YOU REALLY NEED AND WILL USE.***

## Let's break it down.

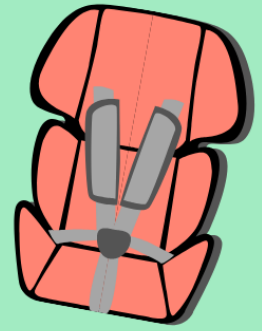
First: car seats. Don't get caught up in the price tag, you can absolutely find a seat that fits your budget that is very safe for your baby. More expensive doesn't mean more safe. What's really important is that you get a seat that you can consistently use safely every single time, fits properly in the vehicles it will be used in, and is appropriate for your baby. Every seat on the market has passed rigorous safety testing to get there and they are all only as safe as they are used correctly. Read the manual thoroughly to avoid using your child's seat incorrectly.

When it comes to choosing a car seat for your new baby, you've got a couple of options:

### infant seats or convertible seats.

An infant seat is what most parents start out with, primarily because they fit even the tiniest of babies (super helpful for bringing baby home from the hospital), and the carrying handle along with its ability to click into a coordinating stroller are a big convenience.

# SELECTING BABY GEAR AND PRODUCTS



## ESSENTIAL

These are the items that are absolutely necessary. Not much belongs in this category and it may vary some from family to family.

Car seat, safe contained space to set baby down, some clothing, a way to catch pee or poo, breasts/bottles/manual pump/breastmilk storage/formula depending on feeding method.



## HELPFUL

These are the items that make parenting easier as an extension of those items on the essential list.

Different types of safe places to set baby down (swing, bouncer, bassinet), textiles to swaddle, an electric pump, disposable wipes, diaper pail, baby carrier, stroller, etc.



## NICE TO HAVE

These are items that you want that fit your personal aesthetic, lifestyle, and parenting values making parenting easier and more enjoyable.

Co-sleeper with storage that fits your decor, diaper storage, different types of baby carriers, travel system, etc.



## LUXURY

These are the items that may be from the other categories but with luxury and high end features.

Designer bassinet, smart technology gear, etc.



Or you can start out with a convertible seat. A convertible seat starts off rear-facing for children under 2, and can then be turned forward-facing when your toddler has outgrown the rear-facing height and weight limits. Some convertibles, like the Britax One4Life, can accommodate babies from newborn all the way up to booster age! So from hospital to 4th grade or so. Definitely a great long-term seat, and makes a lot of financial sense.

***CAR-SEATS CAN HAVE HIDDEN DAMAGE IF THEY'VE BEEN IN A CRASH OR MISTREATED SO KEEP YOUR BABY SAFE AND DON'T BUY USED.***

**TIP:**

STORE YOUR CHILD'S CAR SEAT MANUAL ON YOUR CAR SEAT SO YOU ALWAYS KNOW WHERE TO FIND IT FOR QUICK REFERENCE.

### **Next up: strollers.**

When it comes to selecting a stroller, you'll want it to match your lifestyle. Do you take a lot of walks? Consider something with rubber wheels, or maybe a jogging stroller.

Is your car on the smaller side? Look for one that folds compactly. Do you plan on adding to your family in the near future?

There are actually strollers that can be converted from a single to a double! You can also get a travel system - a car seat and coordinating stroller in one box.





# Types of Baby Carriers (an overview)



Even if you're going to be using a stroller, a carrier is an invaluable piece of gear. Babies love being held and wearing your baby not only facilitates bonding, but it helps free up your hands so you can go about your day while snuggling your baby. Wraps, ring slings, and soft structured carriers all accommodate newborns. The most versatile are soft structured carriers because they are one-size-fits-most and you can wear baby in several different positions.

**TIP: BABYWEARING NOT ONLY MAKES LIFE EASIER, IT CAN HELP MAKE SURE YOU NOTICE EARLY HUNGER SIGNS, AND HAVING BABY ON YOUR CHEST MAKES SKIN-TO-SKIN EASY, TELLING YOUR BODY TO MAKE MORE MILK IF YOU'RE BREASTFEEDING. JUST MAKE SURE THEY ARE VERTICAL ON YOUR CHEST, SAFELY VISIBLE AND KISSABLE SO THEIR AIRWAY ISN'T COMPROMISED.**

## WRAP

A piece of either stretchy or woven fabric wide enough and long enough to wrap around your body to form a carrier with a customized fit and style. Some styles have the fabric sewn to create loops for ease of use in a specific wrap style.

## SLING

A piece of woven fabric commonly with rings on one end to thread the other end through to form a one-shoulder carrier.

## WRAP HYBRID CARRIER

Inspired by the Mei Tai carrier, a wrap hybrid carrier combines the features of a soft structured carrier and a wrap with a structured buckle waistband and more flexible wrap style straps.

## SOFT STRUCTURED CARRIER

Structured and padded straps with webbing and buckles and a structured seat and body.

*See a babywearing educator or visit a babywearing library to try different styles and see what works best for you. Personal preference, the age of your baby, and your babywearing needs all impact selecting a carrier. Choose a carrier you find comfortable and feel confident safely using each and every time.*



Onto the popular question: “Do I need both a swing and a bouncer?” While they’re both a convenient place to put baby - and give your body a break from using a carrier - they have different functions. A swing is great for babies who love movement and rocking motions while a bouncer gently holds and vibrates your baby. A swing typically needs more space and does best staying put in the most-used room, while a bouncer is easy to move anywhere you need it. Many families choose to use both.

Likewise, while play yards (aka Pack n’ Plays) and bassinets have many similar features, a bassinet typically stays in the parents’ room to keep baby close while they sleep, whereas a play yard is designed to fold up and move around; it often has a bassinet feature, and can travel with you. Based on their different uses, I often recommend both.

***AS TEMPTING AS IT MAY BE TO LET BABY SLEEP IN THEIR SWING OR BOUNCY SEAT, ALWAYS TRANSFER BABY TO A FLAT, FIRM SLEEP SURFACE FOR SAFE SLEEP TO PREVENT POSITIONAL ASPHYXIATION.***



Leaky Wisdom for  
every day

Support in your inbox  
[here.](#)

Join the conversation



Finally, although safety is one of the most important categories, it often gets forgotten during the registration process. Many parents view things like gates and other baby-proofing items as something that will come later, but this is really something that's good to get a jump on. Gates are essential for the tops and bottoms of stairs as well as for rooms that you don't want baby to have access to. Other essential safety items include window locks, door locks, cabinet and drawer locks, furniture and television anti-tip straps, cord winders for your blinds, electrical outlet covers, and toilet locks.

Whatever gear you end up selecting, there's one rule that applies to them all for your baby's physical safety: always read the manual and use the product as intended with included straps and buckles every single time.

**Happy shopping!**

# LEAKY WISDOM

Always, always, always register your gear, specially car seats, high chairs, strollers, swings, or anything else that holds the baby so you get updates if there is a recall.

KATE



***NEWBORNS DON'T MOVE MUCH ON THEIR OWN BUT THEY'LL BE ROLLING BEFORE YOU KNOW IT! BE READY TO GET DOWN ON YOUR BABY'S LEVEL TO SPOT POTENTIAL SAFETY HAZARDS.***

# Baby Gear Products

## Our Top Picks

### Britax - One4Life



Britax's ClickTight feels comfortable and you will feel unhurried and confident every time you install your child's seat! The One4Life can grow and be safe for your child from 5lbs to 120 with a 10 year warranty. Now you don't have to worry about finding a new car seat when your kiddo goes through a growth spurt.

### Britax - B-Ready G3 Stroller



This stroller is so easy to snap open and closed. It makes for a smooth and quick transition. Our family uses this stroller often for walking to the library to pick up books, which we put in the basket provided under the stroller. Definitely a family favorite!

### Contours - Cocoon Buckle-Tie Carrier



A wrap style and buckle carrier hybrid? Yes please! This carrier is extremely easy to use and it fits a wide range of body sizes and types for comfortable, snuggly baby time.



**Mia Milly - HIPSTER  
SMART 3D Baby carrier**

It's like a fanny pack and carrier in one. Except the fanny pack also acts as a seat that both supports the child and the parent and it's incredible. If the hip seat isn't your style, no worries, you can take it off!

The carrier also has breathable fabric and padded shoulder straps to support the parent.

Better than eyes on the back of your head, this car seat has a safety feature like no other. The Sensor Safe is on the chest clip and it links up to your phone to send you alerts if your child gets unbuckled, if their body temperature is too high, and if they've gone too long without movement, along with a few other alerts. Now you can feel comfortable focusing on the road, knowing if anything is going on with the car seat, you'll be notified immediately.

**Evenflo - Gold  
SensorSafe  
EveryStage Smart  
All-in-One  
Convertible Car  
Seat**



**Baby Delight - Go With Me  
Alpine Portable Bouncer**

What a great bouncy seat! It has a mesh panel to prevent a sweaty baby on a hot day, three reclining positions to fit your baby's moods, and folds flat for travel! Not to mention a machine washable cover \*wink wink\*.

# More Favorites



**Qdos - Universal Self-Closing Outlet Cover**



**Joovy - All-in-One Playard Nursery Center Changing Table Bassinet**



**Graco - DuoGlider® Gliding Swing**



**Baby K'tan - Active**

## Other Brands to Check Out!

**Chimparoo - Baby Carriers**

**Nomi - Convertible Bouncer, High Chair, Chair**

**Chicco - Gear**

**UppaBaby - Gear**

**Nuna - Gear**

**Clek - Car Seats**

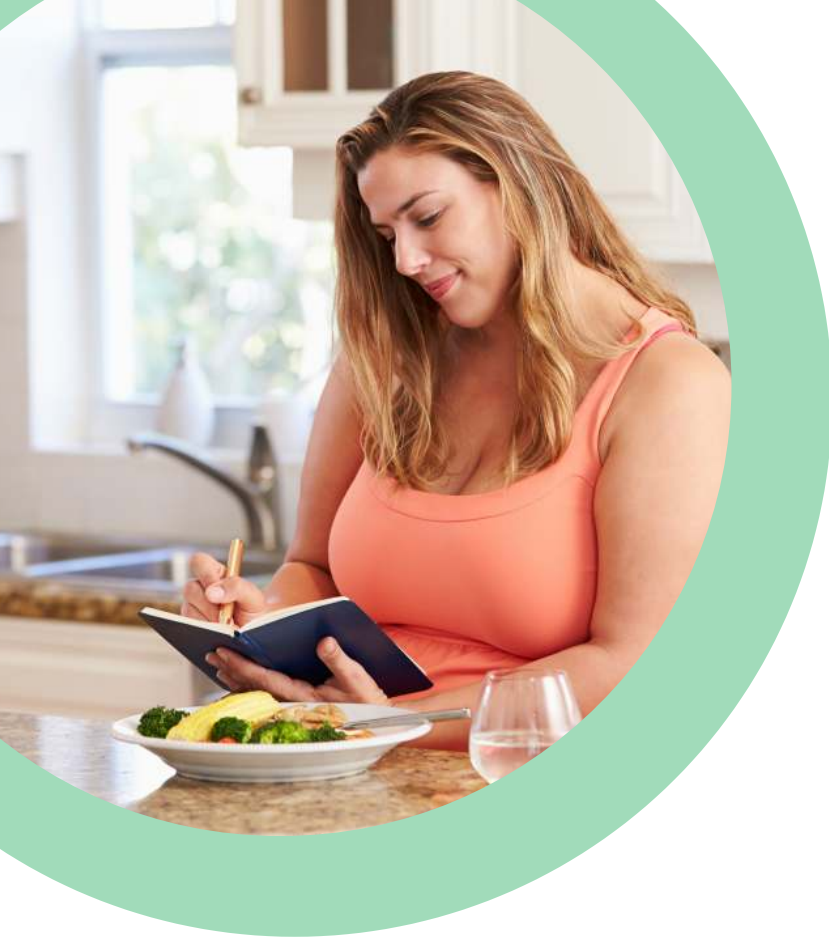
**BOB Gear - Strollers**

**4 Moms - Gear**

**Baby Tula - Baby**

**Carriers**

**Boba - Baby Carriers**



# *Year Checklist*

- Install car seat
- Have car seat installation checked by CPST (virtual or in person)
- Register for a variety of pricepoints so people can shop from your registry no matter their budget
- Get informed on proper car seat use and latest safety laws and recommendations
- Read reviews and ask others for recommendations, don't just go off manufacturer's description
- Consider the body type of those who will use the item the most before making your decision (taller needs a higher profile stroller, minimal upper body strength makes lifting heavy items difficult, parents with very different body types need adjustable options in a carrier if sharing, etc.)
- See what you can borrow if you'll only be using it a few months
- Save all manuals in one central location for easy reference





*Gear*

## VITAL CONVERSATIONS

- Budget and plan baby gear needs accordingly
- Discuss car seat safety with partner so you're on the same page (proper installation, strapping baby in correctly, state laws, etc).
- Establish proper use of all gear
- Identify proper safe surfaces for gear
- Communicate most common safety risks with infants and best practices
- Ask friends, health care provider, and others for recommendations (but select what works for you)



# Leaky Wisdom



Spending money on lots of stuff doesn't make you a good parent. Your baby doesn't care whether something is brand new or preloved, what colour or brand it is.

**ANGE**



Don't buy a lot of one kind of thing (bottles/pacifiers/swaddles etc.) until you know which one babe likes. One of my kids loved swaddles, the other hated it. Same with bottles.

**KAREN**



Wear the baby!! Get the carrier!!! It's so much easier to baby wear.

**BRITTANY**



When buying a car seat, read the manual front to back. All of it is important. Even consider paying a certified technician to ensure your installation is correct. Car seats only save lives when used correctly.

**HANNAH**



Keep it simple. Get used clothes. Get hand me downs (not on car seats) but check for recalls.

**ANGEL**

**GOOSEWADDLE**

[GOOSEWADDLE.COM](http://GOOSEWADDLE.COM)

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**TWELVELITTLE**

[TWELVELITTLE.COM](http://TWELVELITTLE.COM)

TLB20  
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[SIMPLEWISHES.COM](http://SIMPLEWISHES.COM)

TLBSLING  
10% OFF SLING BRA OR  
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**EVENFLO FEEDING**

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[CRANE-USA.COM](http://CRANE-USA.COM)

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**AMARA ORGANIC  
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