

Baby's First Week: The New-Parent Survival Checklist

Feeding, sleep, appointments, and what to keep handy - all on one page

Feeding - track what goes in

- ☐ Log every feed: time, side/minutes or ounces
- ☐ 8-12 feeds per 24 hours is normal for newborns
- ☐ Wet diapers: aim for 6+ per day by day 4-5; watch stool color changes
- ☐ Burp mid-feed and after - then log it

Sleep

- ☐ Newborns sleep 14-17 hours in short stretches - log the windows
- ☐ Back to sleep, empty crib, firm mattress - every time
- ☐ Room-share (not bed-share) for at least the first 6 months

Health & appointments

- ☐ First pediatrician visit: within 3-5 days of birth
- ☐ Weight check + jaundice watch at that visit
- ☐ Umbilical cord care: keep it clean and dry, let it fall off on its own

For you

- ☐ Sleep when the baby sleeps - really. The chores can wait
- ☐ Accept help, and write down who offered what
- ☐ Know the postpartum warning signs: heavy bleeding, fever, or thoughts of harm - call your doctor right away

Keep handy

- ☐ Pediatrician number + after-hours line, saved in both parents' phones
- ☐ Poison Control: 1-800-222-1222
- ☐ A filled-out babysitter / emergency info sheet on the fridge

Keep the system going past week one

The Baby's First Year Organizer and Newborn Care & Feeding Tracker at mybabyinfo.com turn first-week chaos into a system you can actually keep up with.