

The **Ultimate** Guide to Caring for Your Newborn

Preparing Your Home for Your Baby's Arrival & Caring for Them with Confidence



Our Mission

At Tinyhood, we believe families thrive when they have the information they need to make decisions that are right for them. And it's our mission to make accessing that information easier than ever.

We've brought together the world's leading parenting experts to create a one-stop shop for parenting advice. Through on-demand classes, downloadable handouts, and expert articles, we break down parenting's trickiest topics and provide step-by-step solutions. Everything can be watched or read on your time, at your own pace.

TLDR; Tinyhood is parenting for the modern age.



Introduction

The place you live is about to take on a whole new title: your baby's first home. This is exciting! It means that soon, your counter may not just be your counter, but the place where your baby took their first bath in their little bathtub. And your living room rug might be the place where your baby rolls over for the very first time.

Soon, your home is going to fill up with "firsts," and this guide will help you navigate and prepare for them. We've got expert advice and safety tips to keep in mind once your baby is home from the hospital, as well as ways you can make the most of this last trimester and get your home truly ready for baby.

Table of Contents

I	Baby's First Car Ride	4
II	Baby's First Manicure	6
III	Baby's First Bath	8
IV	Baby's First Diaper Changes	11
V	Baby's First Play Time	12
VI	Everyday Care Essentials Checklist	14
VII	Baby's First Sleeps	15
VIII	Baby's First Feeds	16
IX	Baby's First Stroller Ride	19
X	Anticipating Baby's First Move	21
XI	Your First Postpartum	23
XII	Final Thoughts	25



We've teamed up with our friends at [Safety 1st](#) to bring this guide to you for free. Like us, they are on a mission to support families navigating all their baby's "firsts" — from their first car ride to their first baths and beyond. Helping you feel confident caring for your little one so you can truly enjoy all of baby's "firsts" with peace of mind. The tips we share in this guide are all super practical and rooted in decades of experience.

For a limited time, get 20% off the products featured (plus all baby essentials) with code **THCARE20** at checkout!

Expires June 30, 2025



Baby's First Car Ride

Before we talk about preparing the home itself, let's talk about how you will bring your baby home in the first place. For most families, that involves baby's first car ride.

Even if you plan on taking the bus or subway or even walking home, please keep reading since hospitals actually require that your baby be buckled in a car seat in order to leave the hospital, no matter how you plan on traveling home.

PICKING THE RIGHT CAR SEAT

As you probably know, when it comes to newborn car seats, there are many (many!) options. *The best car seat for your family is one that fits your child, fits your car, and that you can install correctly every time you use it.*

There are a few things that all good infant seats have in common, including:

- They include a 5-point harness to secure your child into the seat.
- They allow your child to be rear-facing in the back seat of the car. *Babies should NEVER ride in the front seat of the car or ride forward-facing in their car seat.*
- They feature adjustable recline angles so that your baby's head does not flop forward, which can stop them from being able to breathe properly.
- They attach securely to the vehicle using a base or seat belt path.

(continued on next page)

CAR SEAT INSTALLATION

You'll want to choose your car seat well before your baby's arrival so you have time to install the seat and get familiar with all its settings. When it comes to install, many car seat companies have free instruction videos online, showing you how to install the seat properly. If you still need help installing your car seat, you can attend a car seat safety check event in your area or [find a local car seat inspection station](#). These inspection stations have certified technicians who will inspect your seat free of charge and in most cases show you how to correctly install and use it.

Don't have a car seat yet? Don't worry, we have some recommendations.

Our Picks



FOR NEWBORNS & INFANTS

[Safety 1st Grow and Go Flex 8-in-1 Travel System](#)

"Travel system" refers to a stroller and car seat that are designed to work together, meaning the car seat clips right into the stroller, which is a must-have feature in our book. It makes on-the-go life with a newborn SO much easier and you never have to deal with waking a grumpy baby when you reach your destination.



FOR OLDER BABIES

[Turn and Go 360 DLX Rotating All-in-One Convertible Car Seat](#)

If you still have an open registry, add this to your list so you have it on hand when you need it. We love infant seats for newborns, but they do outgrow them quickly, meaning you'll likely need to switch them to a convertible seat around a year old, if not sooner.

This convertible car seat allows your child to ride rear-facing for as long as possible and then transitions to forward-facing. It even converts into a booster, making it the last car seat you will ever need. Plus, the seat is designed with an innovative SafetySwivel™ 360 rotational technology that lets you turn the car seat toward you, bringing you face-to-face with your little one, making loading squirmy toddlers that much easier.

Save 20% on
[Safety 1st](#) car seats
with code **THCARE20**

REMEMBER: Children should stay rear-facing until they have outgrown the car seat position by weight or height. Your car seat's manual will tell you the rear-facing weight and height limits.

Baby's First Manicure

Your newborn will have the teeniest, tiniest little fingers and toes. Chances are you will have to clip them shortly after arriving home to prevent your baby from scratching their face, and continue to trim them once or twice a week after that. That's why it's important to have tools like a baby nail file or baby nail clippers stashed away before you give birth.

But we know that having the tools and feeling confident using them are two different things. And trimming your baby's nails is one of the baby care tasks parents feel most nervous about. The good news is you will figure it out pretty quickly, and we have some pro tips to help you navigate those first few trims.



TIPS & TRICKS FOR CUTTING BABY'S NAILS

- Plan to clip your baby's nails when they are happy and full, like right after a feed, or even when they are asleep.
- For the first few weeks, your baby's nails are soft enough that you can use a nail file or buffer and avoid trimming their nails until a bit later.
- When you do trim your baby's nail, you want to make sure to gently push down on the skin underneath the nail. This pulls the nail away from the skin, making it easier to trim without accidental nicks.
- If using scissors or clippers, make sure to round the edges with a nail file so the corners aren't sharp.
- When cutting fingernails, use short little clips that follow the curve of the finger.

(continued on next page)

TIPS & TRICKS (cont'd)

- When cutting toenails, cut straight across and file down any sharp corners.
- You may be tempted to bite your child's nails to trim them, but the AAP recommends against this due to infection risk.
- If you accidentally nick your baby's skin (it happens to all of us!), apply gentle pressure with sterile gauze until the bleeding stops. Do NOT use a bandage over the cut. Bandages become choking hazards, given how often your baby will put their hands in their mouth.

Our Pick



Groom & Go Baby Care Kit

This kit has everything you need for grooming baby. It contains all the tools for your baby's first mani-pedi including nail clippers and a file. It also has baby hair essentials and a first toothbrush!



Baby's First Bath

Your baby may receive a sponge bath in the hospital, and they should continue to receive sponge baths at home until their umbilical cord falls off. It's important to keep their umbilical cord area dry until the cord falls off on its own. Once it has fallen off, you are free to give baby their first official bath, where their body is partially submerged in water.

Though baths will likely become a cherished part of your care routine, especially as your newborn becomes a baby and then a toddler, in the early days, there's a bit of a learning curve involved for everyone.

The first key to success is to have a good baby tub. Some parents use these in the regular tub and others put them on the counter or even in the kitchen sink. When it comes to newborns, look for tubs that have a slight recline. This will make your baby more comfortable.

HOW OFTEN TO BATHE BABY

Baths are often thought of as part of an everyday bedtime routine, they don't have to be! Bathing just a few times a week can help prevent baby's skin from getting irritated or dry. Though, of course, there may be times when your baby has a particularly bad blowout or dumps purees all over their head, in which case, you have to use your judgment and bathe as-needed.

Our Pick



[Safety 1st's Newborn to Toddler Bathtub](#)

Not only does this have an incline, but it can also fit right over the kitchen sink if you want, making those first baths even easier. It also has modular features that allow you to adjust as your baby grows to use all the way through toddlerhood. And unlike a lot of other baby tubs, this can be hung to dry right in your shower!

(continued on next page)

HOW TO BATHE BABY

But how do you actually give your baby a bath? Let's talk about it. We'll start with how to give your baby a sponge bath (which, remember, you will need to do until their umbilical cord falls off) and then how to adjust this when they graduate to regular baths.

To give baby a sponge bath:

1. Gather your supplies and have them within arms reach. You'll need:
 - A small bowl of warm water
 - 2-3 clean washcloths
 - Mild soap (only necessary if your baby is particularly dirty, like maybe they've had a bad blowout)
 - A clean, dry towel
2. Lay a towel down on a clean, flat surface, like a bathroom or kitchen counter, a changing table, or even the floor. Just make sure you put a little padding down.
 - Remember to always have one hand on your baby throughout the whole bath. Never leave them unattended.
 - Keep your baby warm. Undress them and wrap them in a dry towel. Only uncover the parts you are washing.
3. Using the washcloth, gently wash your baby's face with water first, being careful not to get water in their eyes.
4. When cleaning their body, pay extra attention to those creases under their arms, around their neck, behind their ears, and in the diaper area. Always wash their diaper area last.
5. If your baby is particularly dirty, you can use a mild soap but otherwise, at this very early stage, warm water is all they need.
6. When you are done, wrap your baby in a dry towel, covering the top of their head too.

(continued on next page)

To give baby a regular bath:

Once your baby has moved beyond the sponge bath (typically once their umbilical cord has healed and fallen off), follow the same process when it comes to washing your baby, but this time, they will be undressed and sitting in about 2 inches of water in their tub. To keep your baby warm, you can place a warm washcloth over their torso and occasionally pour warm water over it.



Pro-tip: Test the water temperature before placing your baby in the bath. Use your elbow or wrist to make sure the water is warm but not hot. If you are using a bath thermometer, aim for temperatures below 100° Fahrenheit.



Baby's First Diaper Changes

Even if you have never changed a diaper in your life, you will catch on pretty quickly and come home from your birthplace with a few (or a few dozen) diaper changes already under your belt.

Tips that can save you from unnecessary mess and make diaper changes easier:

- Always have everything you need at the ready before you begin. Never leave your baby unattended on a changing surface.
- Place a clean diaper under your baby before changing their diaper. This way you can easily transition them to the new diaper in seconds, reducing the chances of soiling the changing surface.
- If your baby still has their umbilical cord, fold the front of the diaper down so it does not cover and rub against the stump.
- Before you fasten the diaper, make sure the ruffles around the legs are OUT and not tucked in. The ruffles are actually what help guard against leaks and blowouts
- To help prevent diaper rash, if possible, allow for the area to air dry for a bit before closing the diaper.
- Diaper cream does NOT have to be applied at every change. It's meant to be used when there is noticeable irritation like redness or peeling.
- If your baby is having a lot of blowouts, it may be time to move up to the next diaper size, even if your child is technically within the weight limit listed on the packaging.
- If your baby does have a blowout that soils their onesie, pull the onesie DOWN over their shoulders and not up over their head, to prevent the mess from getting in their hair or eyes.
- Invest in a diaper pail, it will help to keep smells at bay. You may even want to buy a second diaper pail to keep in your bedroom or living room for the first few months.
- Along with the changing station in your baby's nursery, create a portable diaper station. This can simply be a caddy you can take from room to room that's filled with a washable changing pad, wipes, diapers, and diaper cream.



Baby's First Play Time

Though your baby will be a scrunchy little ball when they first arrive home from the hospital, you will still want to encourage their physical and motor development right from the start through tummy time.

Tummy time is kind of what it sounds like; it's time that babies spend on their tummies every day.

Tummy time is important because it helps to:

- Support your baby's physical development. Baby gets to work on strengthening their neck, back, chest, and arm muscles, while practicing head control.
- Prevent a flat head
- Increase flexibility
- Expose your baby's body to different textures
- Allow baby to visually explore the world in a new way

Newborns should do tummy time a few times a day for a few minutes each time. You may need to start small and work your way up as your baby gets used to it. There may be tears in the beginning, but there are some pro tips that can make it more enjoyable.



(continued on next page)

If your baby is crying every time you place them on the floor to do tummy time, try:

- **Switching it up.** Instead of laying your newborn on the floor, you can lay them on your chest, across your lap, or even flip them onto their bellies for a few minutes after each diaper change.
- **Getting close to them on the floor.** There is nothing a newborn baby loves to look at more than their parent's face. If you are doing tummy time on the floor, lay across from them so they can see you. Just remember that newborn babies can only see 8-12 inches in front of them, so get close.
- **Add a mirror or high-contrast cards.** Babies love looking at their own faces, too, and black-and-white high-contrast cards or books propped in front of them are really visually stimulating.
- **Skipping the clothes.** Undress your baby and let them do tummy time in just their diaper. This maximizes sensory input, which may be the distraction they need to stop from crying.
- **Taking a break.** Remember, you can always roll your baby out of tummy time if they are fussy or upset. There is no need to push them if they are unhappy in that position. Just stop, take a break, and try again another time.

Everyday Care Essentials Checklist

We just covered a lot of firsts that involve a LOT of gear. Before we move on, let's summarize all the basics we've discussed so far, all of which you will definitely want to have on hand before your baby arrives.

Diapering

- Diapers
- Wipes
- Changing Pad
- Diaper Pail(s)
- Hand Sanitizer
- Diaper Cream
- Changing Pad Liners

Grooming

- Baby Brush or Comb
- Baby Nail Clippers or Scissors
- Baby Nail File or Buffer

Bathing

- Baby Bath Tub
- Hair and Body Wash
- Baby Lotion
- Towels
- Washcloths
- Bath Thermometer
- Cup for Washing Hair

Tummy Time

- Play Mat
- High Contrast Toys or Cards
- Play Mirror




Baby's First Sleeps

There is nothing cuter than a sleeping baby. And in the early weeks and months your baby will be doing a LOT of it. And with the right gear on hand, you can create a sleep environment that will maximize shut-eye for everyone.



Some must-haves for newborn sleep include:

- **A crib, a crib mattress, and a fitted sheet.** These are the only things you will need when putting your baby down in their crib to sleep. Do not use bumpers, blankets, pillows, loveys, or stuffed animals as these are all suffocation risks.
- **A flat bassinet, playard, or other safe secondary sleeping space.** It's recommended that newborns sleep in the same room as their parents (though not in the same bed!) until at least 6 months old, so having a bassinet you can keep close to your bed is a must. But it can also help to have another bassinet or playard in the living room if you think your baby will nap there. Just ensure anything you use is specifically designed and approved for infant sleep.

 Baby loungers, swings, and bouncers are NOT safe secondary sleeping spaces. To learn how to keep your baby sleeping safely outside the crib, refer to [our Sleep Safe Guide](#).

- **Room darkening shades or curtains.** Babies are not afraid of the dark, so they don't need a night light. Keeping the room as dark as possible will help prevent unnecessary wake-ups.
- **White noise machine.** White noise actually mimics the sounds your baby heard in the womb! It can and should be used to help maximize your baby's daytime and nighttime sleep. While lullabies are sweet, the consistency of the white noise is less distracting and will enable better sleep.
- **Video monitor.** A video monitor can give new parents tremendous peace-of-mind. Just make sure the cord is secured and everything is out of reach from wherever your baby is sleeping, be it a crib or a bassinet.

(continued on next page)

Our Pick



Safety 1st's 360 Smart Baby Monitor

This baby monitor is easy to connect to your home's wifi, so you can stream video from anywhere and check in on your baby even when you're not home. It also has temperature and humidity sensors to make sure your baby's sleeping environment is as cozy as possible, as well as cry detection and two-way talk, which allows you to soothe your baby without having to go into the room.

Remember, you can save 20% off with code **THCARE20**.

Baby's First Feeds



No matter how you choose to feed your baby, you will essentially be doing it all the time, to the point where it feels like your new full-time job.

And trust us when we say that there is nothing worse than not having what you need when you have a hungry baby crying in your ear. So let's talk about some feeding essentials to buy now, whether you plan on breastfeeding, bottle feeding, or a combination of both.

(continued on next page)

BREASTFEEDING

- ❑ **Breast Pump.** Whether it's for work, a day out, or date night, many breastfeeding parents enjoy having the freedom to bottle feed expressed milk — and pumping gives you that flexibility. Many models are also 100% covered by insurance, so check with your insurance company before buying.
- ❑ **Nursing & Pumping Bras.** A good nursing bra will provide the support you want while still allowing easy access for nursing and pumping.
- ❑ **Nursing Pads.** During the early days of nursing, as your milk supply is regulating, leaking is normal. Slipping reusable or disposable nursing pads into your bra can absorb any leaking milk and prevent it from leaking through your shirt.
- ❑ **Nipple cream.** Sore nipples are a reality for many new breastfeeding parents. Lanolin or coconut-based balms, creams, and ointments provide some much-needed relief and are considered safe for breastfeeding.



Remember: *Sore nipples are different from cracked, blistered or painful nipples! If you have a painful latch, it's best to seek assistance from an experienced lactation consultant — breastfeeding should not hurt!*

- ❑ **Nursing-friendly Pajamas.** For those middle of the night nursing sessions, you'll want pajamas that are comfortable and provide easy access to the breast. Many birth parents also experience night sweats in the first weeks postpartum, so finding PJs that are also lightweight, natural, and/or moisture wicking can help a lot, too.
- ❑ **Burp cloths.** When it comes to burp cloths it is practically impossible to have too many. You'll want to have plenty of these on hand to catch the inevitable spit-up.



Pro-tip: If you plan on breastfeeding, fill a rolling cart or tote bag with everything you might need while nursing or pumping. This can include your breast pump, breast pads, nipple balm, burp cloths, something to entertain you (like a book or magazine), a water bottle, and a few snacks.

(continued on next page)

BOTTLE FEEDING



- ❑ **Burp cloth.** Yup, bottle fed babies spit up, too. You'll need plenty regardless of how you feed.
- ❑ **Baby bottles.** Every baby is different, and some babies just prefer certain bottles over others. That's why it's a good idea to have a couple of different options on hand, with different shaped and sized nipples until you figure out what your baby likes. Once you have a bottle that works, aim to buy enough that you won't have to wash bottles after every feed.
- ❑ **Bottle brush & drying rack.** These will help dry your bottles, nipples, and pump parts more efficiently, without mixing them with your general dishes.

(guide continues on next page)

Baby's First Stroller Ride



Fresh air does wonders for babies... and their parents! So even if you are just a few days postpartum, you can begin to incorporate short stroller walks into your routine.

When it comes to picking a stroller, you want to consider safety and convenience and look for an option that offers both.

First, let's talk about safety. Three important features to consider when choosing a stroller are:

- ❑ **Easy to operate brakes.** Choose a stroller with brakes that are out of reach of baby's hands and lock rear wheels for added safety.
- ❑ **A wide base.** This makes the stroller less likely to tip over.
- ❑ **A five-point harness.** Straps should come over both shoulders, both hips, and between the legs for the most secure ride for infants.

Also, when operating a stroller, there are a few things you as a parent want to keep in mind. Here are some general stroller safety tips.

- ❑ **Be sure the stroller is age-appropriate.** Some strollers are only designed for babies who can sit up comfortably, and not for newborns. Check your manual to ensure your stroller is appropriate for your baby's age.
- ❑ **Be careful when opening and collapsing your stroller.** Baby's hands can get caught in the hinges that fold in the stroller, so make sure they are somewhere safe and out of the way, like their car seat, before collapsing the stroller.

(continued on next page)

- ❑ **Lock the wheels before placing your baby inside.** This will prevent your baby from rolling away as you get everything in place.
- ❑ **Be careful with toys.** If you attach toys to your stroller for baby to play with, make sure they are securely fastened so they can't fall on baby. Remove them as soon as your baby can sit up or rise on all fours.
- ❑ **Avoid hanging items, like diaper or grocery bags or, over the back of your stroller.** This can cause it to tip.
- ❑ **Never leave baby unattended in the stroller.** If they fall asleep in the stroller, make sure that you can see them at all times.

So that's stroller safety. Now let's talk about convenience — because after going through many strollers ourselves, there are definitely some **features we consider must-haves**, like:

- ❑ **Car seat compatibility.** We already mentioned this when we talked about car seats, but this really is one of the best features for the newborn days. Find a stroller that allows you to clip your car seat right in so you don't need to disturb baby when moving from your car to your stroller, and vice versa.
- ❑ **Easy to maneuver.** This can mean different things depending on how you plan on using the stroller. For some people, it means steering the stroller with one hand while sipping coffee with the other. For others, it means the stroller folds easily or is lightweight enough to carry up apartment stairs or throw into the trunk of a car.
- ❑ **Good storage capacity.** Diaper bags are... not small. Then you have to factor in room for a cozy blanket, some toys, maybe even a shopping bag. Look for a stroller with a large storage basket underneath the seat, so you can easily stow your items without a tipping risk.
- ❑ **At least one cup holder.** Trying to navigate a stroller with one hand and a drink in the other? No thanks. Make sure your model has at least one cup holder, if not two.

Our Pick



Safety 1st's Grow & Go Flex 8-in-1 Travel System

We recommended this travel system when we were talking about car seats, but we also have to give a shout-out to how awesome this stroller is. It has all the convenience must-haves we just mentioned PLUS it can be used as a parent-facing or outward-facing stroller, as well as a carriage mode! It's truly the only stroller you will ever need, from birth through toddlerhood.

Anticipating Baby's First Movements

Even though your baby will spend most of these first few weeks and months in your arms, in a baby carrier, or in their crib, it's still a good idea to get some babyproofing basics done before your baby arrives so you aren't caught by surprise by any sudden mobility!

Before baby's arrival:

- 1. Check your smoke and carbon monoxide detectors.** Be sure they are all correctly placed and have fresh batteries to keep your family safe.
- 2. Securely store firearms.** For maximum safety, do not store guns inside your home. If you must store them in your home, store them unloaded in a locked safe. Store ammunition in a separate, locked location.
- 3. Anchor furniture & securely mount televisions.** Dressers and bookcases can easily tip, and TVs that are not wall-mounted can be pulled down. Take the time to do this during your last trimester, so you can be careful and make sure you're not forgetting anything.
- 4. Cover outlets.** Outlet covers are super easy to install, so buy a box, go around your house, and check this one off your list.
- 5. Lock cabinets that contain cleaners, medications, or other dangerous items.** Cabinet locks will keep your child safe for years, so just go ahead and install them now in the crucial places that may be in baby's reach when they start to crawl. This includes under the kitchen and bathroom sinks. Keep it simple with an [adhesive lock system](#) and you won't even need tools.

(continued on next page)



- 6. Keep cords tightly wound and out of reach.** This is particularly important when you are designing your baby's nursery. Make sure there are no electrical cords or window dressing cords in reach of your baby's crib. When it comes to window dressings and young children, it's recommended to switch out any that involve cords for cordless models, whether they be in your baby's nursery or the living room.
- 7. Install gates.** If you have pets or older siblings, gates may be essential from Day 1 to prevent unsupervised access. But even if you don't have pets or siblings, gates will soon become a necessity, especially at the top and bottom of stairs. Make sure you are selecting the right gate for the right location. Gates placed at the top of stairs must always be hardware-mounted. Gates at the bottom of stairs, in doorways, and in between rooms can be pressure or hardware-mounted.
- 8. Set up a safe space for your baby in your living area.** Always have a way to securely contain baby for a few moments if you need to leave the room. A play yard is perfect for this.

Our Picks



Safety 1st Ready-to-Install Gate

Stair gates are a safety necessity, but most are kind of a pain to install. Unlike regular doorway gates, gates for the top of the stairs can NOT be pressure-mounted. They must be hardware-mounted, or screwed into the wall and banister. This Ready-to-Install gate truly lives up to its name. The only tool you need is a screwdriver — no drill required!



Pressure-Check Gate with Secure Tech

This walk-through baby gate is great to use between rooms — for babies as well as pets! It's pressure-mounted so it installs with just a few turns of the wrist, no hardware required. And with Pressure Check, the red-to-green indicator will let you know that it's installed correctly and locked, every single time.

Your First Postpartum



We've spent a lot of time covering how to prepare your home for all your baby's first, but we need to end this guide by focusing on YOU.

Most people spend a lot of time preparing for labor & birth but not a whole lot of time preparing for postpartum. But here's the thing, labor & birth only lasts a couple of days, and you have doctors and nurses there to help you. Postpartum lasts a lot longer, and for many families, it's just them and their partner figuring it all out.

As you prepare your home for happy baby memories, also make sure you are also keeping your own recovery in mind. Here are 5 things to do while you are still pregnant.

- 1. Know what to expect physically & mentally.** Postpartum may not be a walk in the park, but by knowing what to expect from a physical and emotional perspective, you will know what's normal and when to seek help. Tinyhood's [Postpartum class](#) covers all this and more and was designed to help pregnant parents get prepared for those weeks following birth.
- 2. Decide visitor boundaries now.** Of course your friends and relatives will all be excited to meet your latest addition. But too many visitors can be overwhelming and can also cut into important rest time you will need in the weeks following birth. Decide the days and hours you will allow visitors in advance and let people close to you in on your plan so there are no surprises or hurt feelings. Better yet, put your partner in charge of coordinating and communicating with any potential guests.

(continued on next page)

- 3. Set up a postpartum care kit in the bathroom.** Just like you want to set up portable diaper changing stations and breastfeeding carts, set up a postpartum care kit in every bathroom. Fill it with things like ibuprofen, a peri bottle, witch hazel pads, maxi pads, disposable underwear/diapers, ice packs, and stool softeners (and really trust us on that last one, okay?).
- 4. Prep & freeze meals.** Eating well will help your body to recover after birth and also give you the nutrients you need. But trust us when we say you probably won't have the time to cook anything more than cereal during those first few weeks after birth. During your last trimester, prepare meals that are easy to freeze in individual portions, like lasagna, so you can just pull them out and reheat. If you have anyone who is asking how they can help you, tell them to drop off some of their favorite freezable meals, too!
- 5. Divide up tasks in advance.** Don't just assume the parenting and housekeeping tasks will naturally divide 50/50 after the baby is born. Start having conversations now about what each of you is going to do to support the baby and household in these first few months postpartum. If you are taking maternity leave and your partner cannot take the same time off, talk about what your partner is going to do when they return from work to help give you a break.



Final Thoughts

You are at a really exciting time in your life, with so many happy “firsts” in front of you. But we know that “firsts” also means “new,” and new can be a little overwhelming. That’s why we made this guide. We hope you have the tips you need to make the most of your last trimester and navigate the first weeks and months with confidence.

