

Preparing for the First Days Home

A CALMER START FOR YOUR NEW CHAPTER. —

A little preparation now can make a big difference later.

Use this guide to set up your home, gather essentials, and create a supportive environment so you can rest, recover, and focus on your baby.

A calmer tomorrow begins tonight.

YOU'VE GOT THIS.



Where Baby Will Sleep

SAFE • SIMPLE • CLOSE

- ☐ Bassinet or crib with a firm, empty mattress
- ☐ Fitted sheets (2–3)
- ☐ Wearable blankets (no loose blankets)
- ☐ Keep baby in your room for the first 6 months if possible
- ☐ Night light for dim, soft lighting
- ☐ A comfortable spot for you nearby (chair, water, phone charger, book)



Feeding Supplies

BE READY, YOUR WAY

- ☐ Nursing pillow
- ☐ Water bottle and snacks
- ☐ Burp cloths
- ☐ Nipple care (if needed)
- ☐ Breast pads
- ☐ Formula feeding: bottles, formula, bottle brush, drying rack
- ☐ If doing both: have a small supply of each
- ☐ A comfortable place to feed (day and night)

Fed baby.
Happier days.

Everything in one place makes nights easier.



Diapering Station

KEEP IT SIMPLE

- ☐ Diapers (newborn and next size)
- ☐ Wipes
- ☐ Diaper rash cream or barrier ointment
- ☐ Changing pad or soft, washable surface
- ☐ A small basket or caddy to keep everything together
- ☐ Extra outfits and burp cloths nearby



Meals & Hydration for Mom

NOURISH TO HEAL

- ☐ Easy, nutritious meals and snacks
- ☐ Plenty of water (keep a filled bottle nearby)
- ☐ Grab-and-go options for nighttime
- ☐ Consider a meal train or grocery delivery
- ☐ Include foods rich in protein, fiber, and iron
- ☐ Don't forget your favorite treats



Who Can Help

BUILD YOUR SUPPORT TEAM

- ☐ Partner: decide on specific tasks
- ☐ Family or friends: meals, errands, sibling care, pet care, light housekeeping
- ☐ Postpartum doula (if desired)
- ☐ Lactation consultant (if needed)
- ☐ Other trusted support people
- ☐ Make a plan and communicate it before baby arrives



Limit Visitors

PROTECT YOUR PEACE

- ☐ Decide who will visit and when
- ☐ Keep early visits short
- ☐ Share your preferences in advance
- ☐ It's okay to say no or delay visits
- ☐ Consider asking for help with meals instead of visits
- ☐ Protect your rest and recovery



Important Contact Numbers

KEEP THEM WHERE YOU CAN SEE THEM

- ☐ Pediatrician name and phone number
- ☐ After-hours pediatrician (if different)
- ☐ Your OB/midwife
- ☐ Lactation consultant (if known)
- ☐ Postpartum doula (if applicable)
- ☐ Local urgent care or hospital



Partner Task Ideas

SHARE THE LOAD

- ☐ Handle meals and grocery shopping
- ☐ Take care of pets and older children
- ☐ Manage household tasks (dishes, laundry, trash)
- ☐ Set up and restock feeding and diapering stations

- ☐ Answer the door and manage visitors
- ☐ Give you dedicated rest time
- ☐ Take photos and handle updates with family
- ☐ Be your advocate and remind you to take care of yourself