

Leaving the Hospital with Your Newborn

Before you leave the hospital with your new baby, it's always a good idea to have your support network ready to help. Follow this checklist to make those first few days and weeks easier.

DO: Arrange for as much help as you can before you get home. Ask your partner to handle cooking and cleaning or set boundaries about when visitors can come to see your baby.

DO: Make sure you create a safe sleep environment for your baby. Put your baby to sleep on his back in a crib or bassinette on a firm mattress with no other objects, including pillows, blankets, and bumpers. Babies should sleep in your room for the first 6 months, but not in the family bed.

DO: Make sure you have a feeding plan. Exclusive breastfeeding is recommended for the first six months of life, so make sure you have all your supplies ready. If you are not breastfeeding, talk to your doctor about what you will need.

DO: Schedule your first well-baby visit for when your baby is three to five days old. DO: Make sure you have a safe, properly installed car seat before taking your baby home from the hospital.

Before going home: DO: Make sure you have the answers to all your questions from your healthcare team. The hospital staff is there to help you.

It's normal to be nervous about going home with your new baby. Follow this checklist to make the transition home easier.