

5 Things You Can Expect With a New Baby

You may wonder what life will be like when you bring your new baby home.

Every baby and every parent are different.

Here are five things you can expect with a new baby.

Number 1: Your schedule may be different.

Your new baby will sleep for about 18 hours a day and wake up every few hours.

Your baby will often sleep during the day and be awake at night.

So you can expect to be more tired than usual.

Try to sleep when your baby sleeps—or at least get some rest when you can.

Number 2: Your baby will likely be hungry whenever they're awake.

Feeding your baby may take some time at first. You're both learning.

Number 3: What goes in must come out, so get ready to change a lot of diapers.

You can expect to get pretty good at changing diapers.

Your baby's diapers will need changing many times a day.

And don't worry too much about the colors you might find inside those diapers.

Most colors are normal, and it's normal for the colors to change, too.

Number 4: Hearing your baby cry can be tough, but crying is your baby's way of communicating.

Crying can mean your baby is hungry, needs a new diaper, is hot or cold, is in pain, or is tired.

Or none of these things.

Sometimes, babies are just fussy.

All you can do is comfort them the best you can.

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Number 5: Bonding might take some time. For some, it happens right away.

But for others, it may take a little while to form a connection.

That's okay.

A great way to bond is spending time together, skin-to-skin.

You'll likely feel more connected to your baby as you learn and respond to their cues.

And this might take some time. That's okay.

Life with a new baby—it's all new.

And each day will be different.

But over time, you will find what works for you and your baby.