

Baby's first Weeks at Home

Dealing With The Constant Flow of Visitors

Your first few weeks at home with your newborn will seem like a whirlwind, filled with unexpected delights and pleasures as well as many well meaning but often uninvited guests.

In the first weeks after delivery you are likely to be sore, tired and cranky. The last thing you'll have on your mind is entertaining guests. A new baby however often brings people together, and before you even have a moment to breathe you'll probably find that people are knocking down your door to see the new baby.

An influx of uninvited guests can be overwhelming at times, particularly for first time parents. Fortunately there are several things you can do to ensure that you are not overwhelmed by your visitors, and to ensure that you and your immediate family get the cherished quiet time you need to bond and enjoy your newest addition.

Newborn Baby Visitors: How To Cope

So what do you do when the masses start knocking on your door? The best thing you can do is prepare yourself and your guests ahead of time. If you would rather that people come visit you while you are still in the hospital and have help caring for your newborn, let people know that you are accepting visitors at the hospital and the specific time you would like guests.

Once you get home feel free to leave a message on your machine that lets people know that you are enjoying some quiet time with your newborn. Ask them to leave a message and let them know you will call them back when you are ready to expect company.

Now, many well meaning and bright grandparents will expect that you will try to 'hide out' at some point or another. If you find that people 'forget' to call and continually show up unexpectedly, don't be shy about turning them away. Let them know if it is a bad time but also let them know when a good time would be for them to stop by.

If you don't want to confront anyone or hurt anyone's feelings, leave a small note on your door that says something to the effect of: "Shhh.... Mommy and baby are sleeping. Please call us and let us know when you would like to stop by so we can arrange for a time when we can all enjoy your company."

You might also find it easier to simply head off people by calling them and letting them know what times are convenient to drop by on what days, so you can entertain people at once and not constantly during the day.

Rest assured that in the weeks after birth the constant stream of visitors will settle down.

Above all else, don't feel obligated to entertain. After birth, you should be taking time to enjoy your newest addition and taking time to rest. If people stop by and ask what they can do, have them tidy or do some laundry. Ask them if they wouldn't mind doing some dishes or bringing over a cooked meal. Most will offer to anyway, and you'll find your visitations much less stressful and more enjoyable for all people involved.

Preventing Fatigue and Exhaustion

Most new mothers find the hardest times in their lives are the first weeks at home with their new born baby. You will probably feel inadequate, overworked and even overwhelmed. Your new limited sleep schedule will leave you fatigued. You begin to wonder if you ever will get caught up with your rest and work. The solution is recognizing you need help, so ask for it. Don't be afraid to speak with a spouse or partner, a trusted friend or even if necessary a trained healthcare professional. The type and amount of help you need is up to you. Remember if you don't take care of yourself, you will not be able to tend to your newborn baby.

Baby Blues

Baby blues affects between 70 and 85 percent of women right after birth. It is very common and predictable. Your body after birth is going through many dramatic changes. There's a drop in estrogen, progesterone and cortisol. During this time you may feel happy and then sad, crying for no reason, fatigue and insomnia. For most women these symptoms typically go away on their own without treatment. This state is temporary and usually only requires a few days of rest and support. If the "baby blues" are for more than two weeks you may be suffering from postpartum depression. Postpartum depression can last for up to a year and, unlike the "baby blues", it usually does require counseling and treatment.

The Father's Role

The father needs to take leave from work to be with his wife during and after delivery. Not only does the mother need the father to help with the baby but he should help with the household chores. The father can take saved-up vacation time as paternity leave to help or at a minimum work shorter hours. The father should learn parenting skills by holding and comforting his baby at least once a day. Not only will this help the bonding between the father and baby, it also will develop a close relationship between the baby and his father.

Baby's Sleep Positions

The American Academy of Pediatrics recommends that you place your baby in his crib on this back. The back up position is believed to reduce the risk of Sudden Infant Death Syndrome (SIDS).

Medical Checkup during the First Weeks of Life

Most new moms will be discharged from the hospital within 24 to 48 hours after giving birth. This requires that the newborn be re-checked 2 days later to see how well the baby is feeding, urinating, maintaining weight and signs of jaundice. A two week follow-up medical visit will be scheduled after this visit. This is a very important visit to make sure the baby has not developed symptoms of any physical condition that was not detectable during the hospital stay.

What you will need for Baby's First Weeks at Home?

Nursing bras: [Nursing bras](#) are not only the most important breastfeeding essential, but the most personal. Motherhood offers a variety of different bras to suit your needs.

Nursing accessories: Motherhood offers a complete line of [nursing accessories](#) that every breastfeeding mom should be prepared with. From nursing pads to top-of-the-line breast pumps, their selection of nursing essentials will suit all of your breastfeeding needs.

Diaper Bags: Every new mom will find that her [diaper bag](#) will become her best friend. You should always choose one that fits your personal lifestyle. Motherhood diaper bags are convenient, easy to carry, stylish, and as always, affordable.

Nursing sleepwear: Snuggle up in nursing gowns or pajama sets from [Motherhood Nursing](#) wear. Nursing sleepwear is a must have from the day your baby is born. Their selection of gowns, robes, and pajama sets will make breastfeeding easy and comfortable from your last days at the hospital to those late night feedings.

Nursing pillow: Any of the pregnancy pillows can be used as [nursing pillows](#) as well. Pregnancy Pillow are great for breast feeding and bottle feeding!