

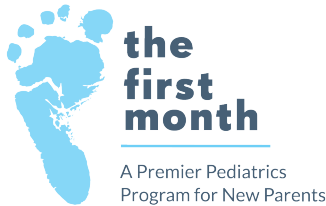


# **the first month**

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A Premier Pediatrics  
Program for New Parents

**New Moms - Caring for  
yourself while you take care of  
your baby**



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Dear Mom,

Congratulations on the birth of your new baby! We're so glad you're here. Every family has a different path to getting to this point, and we honor and welcome your journey so far.

Having a new baby in your life might bring feelings of overwhelming love, joy, and a sense of protection. Or you might wonder, "who is this little person?" and you might not feel connected to your baby just yet - but it'll come. You might even be scared and nervous. For second time (or more!) moms, you might be so thrilled to have a small baby again, nervous you won't have enough love for two or more children, or scared you have a baby again!

We hear you. All of these emotions, and more are totally normal. You might feel conflicting emotions all at the same time. And that's okay. It can be confusing but again, totally normal and to be expected with such a huge life transition.

You may have heard about something called, "The Baby Blues". It's very common, about 50-75% of mother's report feeling baby blues on the third or fourth day postpartum, and symptoms usually subside within 2-3 weeks. Symptoms may include: mood swings, anxiety, sadness, irritability, feeling overwhelmed, crying, reduced concentration, appetite problems, and/or trouble sleeping.

To help cure and relieve the baby blues, moms can: rest, drink, eat, shower, GO OUTSIDE, talk, and ask for help.

If symptoms don't improve after 2-3 weeks, then there might be something more going on, like Postpartum Depression or Anxiety. Up to 15% of all new mothers experience Postpartum Depression or Anxiety, and symptoms can appear anytime within the first year.

Symptoms include: major fatigue, sadness, hopelessness, appetite and sleep disturbance, over-concern for the baby, uncontrollable crying, lack of interest in the baby, guilt, exaggerated highs and/or lows.

If you experience any of the above, please don't hesitate to reach out. We are here to help.

## The New Mom's Wellness Checklist

Life with a newborn can cause the days and nights to melt into and out of each other, like one big long, long, long day. While caring for a tiny human it can be challenging—even impossible to care for yourself. Here is a helpful tool you can use to check in easily with yourself daily, to make sure you give yourself that much needed oxygen mask so you can keep on taking care of your new baby the best way you can.

- **Nourishment:** Have I eaten enough today?
- **Rest:** Have I slept at least 5 hours today, or taken a nap? Am I napping when my baby sleeps?
- **Bathing:** Have I showered today?
- **Movement:** Have I exercised at least 10 minutes today?
- **Humor:** Have I laughed today?
- **Help:** Have I asked for help today?
- **Bonding:** Have I let my baby know I love him or her today?
- **Adult time:** Have I spoke to at least one adult today, and talked about how I (not the baby) is doing?
- **Self Love:** Have I forgiven myself for my mistakes today?
- **Relationship:** Have I connected with my partner for 10 minutes today? (if applicable).

We hope this list can serve as a valuable tool to help take care of yourself, and fuel your energy reserves so you can continue to care for your little one. Just as you track your baby's feedings, poos and pees, go ahead and track yourself care as well. A little bit can go a long way.