



North Star
Newborns

*tips + advice for the
first few weeks with
your new baby!*

Parenting Tips

Caring for your newborn!

FOLLOW YOUR BABY'S NATURAL DAILY RHYTHMS

Embrace your baby's natural rhythms. Track your baby's eating, sleeping and awake cycles to help build their daily "schedule".

- Brandy



DON'T BE SHY ABOUT ASKING FOR HELP!

Your mental health is just as important as the baby's needs. Take some time for yourself, even if it's just for a 30 minute walk or bath! Know that the baby is safe and well taken care of by someone else.

- Lisa



SNUGGLE YOUR BABY

Snuggle your baby with skin-to-skin as often as you can! Not only is it sweet bonding time, but it also helps to regulate baby's breathing, heart, and temperature, stimulates digestion and breastfeeding, prevents infection and can even help to de-stress mom/dad by lowering cortisol levels!

- Anna



DON'T OVERTHINK THINGS, EVERYTHING WILL WORK OUT

Enjoy the time holding and rocking your baby. They are only infants for a short time. Remember to eat, hydrate, and sleep when your baby sleeps. The baby "shusher"/ sound machines and books are wonderful additions to the baby care items list.

- Therese



YOU GOT THIS, MAMA!

Deep breaths. Slow Exhale. Trust your gut first and foremost, quieting all the outside noise that's interfering with your ability to do so. You are a great mama and you can do this.

- Heidi



OVERTIRED AND OVERSTIMULATION HAPPENS EASILY

Newborns can become overtired and overstimulated quite easily. When this happens, swaddle them securely and take them to a quiet, dark room to help them reset/fall asleep. Be aware that a newborn's awake window will only be about 45 mins.

- Sara





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START TALKING TO YOUR BABY FROM DAY ONE

Start talking! Begin communicating on day one. Continuously verbalize your actions with your baby using your loving and reassuring voice! ❤️

- Paula



BOND WITH BABY THROUGH MASSAGE

Studies have shown that this helps with blood circulation & digestion. Plus it helps sooth your baby to sleep. All you need is a little baby oil or lotion, gently and rhythmically massage your baby's body. Remember to talk to your baby during massage!

- Malee



BE KIND TO YOURSELF

Be supportive to yourself like you would your best friend! Raising a family is HARD but you were meant to do this! Make time for yourself, do what you like and spend time with your support system. Show yourself compassion, recognize all of the beautiful things you've done, and be forgiving toward yourself!

- Madalyn



ROUTINES AND RITUALS ARE SO IMPORTANT!

Establish routines like singing, reading, rocking or slow dancing. Babies learn to recognize these calming activities & they are great for transitioning to rest times. When babies are very young, keep a "schedule" by using routines rather than time on the clock.

- Nancy



TALK TO YOUR INFANT

From the moment they're born, talk about your day, your hopes and dreams for your precious bundle of joy. Talk about everything you do and see throughout the day. This provides a beautiful social interaction that your infant longs for. It also begins language introduction from the very beginning.

- Kelly



STAY IN THE MOMENT

Do your best to stay in the moment. The hours feel long and the years so short. Movement is good for both you and your baby. Take breaks. Rest when you can. Enjoy the ride.

- Sheila





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BABIES THRIVE ON CONSISTENCY AND PREDICTABILITY

Those early patterns of sleep/eat/awake/repeat can help a baby be confident to know what's next. Sleep is so important for a newborn. Not only for brain development but for overall happiness/less fussiness in your baby. Know that each parenting choice is your own, and does not need to mirror anyone else's.

- Katy



READ OUT LOUD TO BABY FROM THE BEGINNING

Read whatever you are reading (newspaper, cookbook, magazine). Many studies have shown significant progress in brain development by hearing the rhythm of written words. In just 20 minutes a day, the sequence of page turning, and eye movement tracking from left to right along with verbal expression can make a lasting impact.

- Christine



USE MUSIC TO CUE DAILY ROUTINES

Lullabies are a given but wake up songs, diaper change, playtime and feeding songs are a good idea too. It can be any song you know. For instance I sing "One Elephant Came Out to Play" whenever I change a diaper and the Itsy Bitsy Spider for playtime. This helps give a sweet structure and predictability to your baby's day.

- Helen



FOCUS ON BABY'S NEEDS

Concentrate on bonding, relaxing and being grateful for this magnificent gift. Try to let things go that don't have great importance. Self care will help you feel beautiful. Enjoy classical music together, it helps your child's mental and emotional development. It's soothing, it builds pathways in the brain and improves everyone's mood. Enjoy this very special time together.

- Anna Maria



"Finding reliable support – especially for younger babies – is such a difficult and nerve-wracking process. Ellen made it easy for us and put forth such an effort to understand the needs of our baby and us as parents. Highly, highly recommend North Star!"

- Sabrina F.