



audrey's nest
Sacred Maternal Wellness

Your gentle guide to

First Week Home Checklist

A day-by-day companion for your first 7 days home with your newborn.

Take it one moment at a time, mama.

DAYS 1-2

Recovery & Adjustment

- ☐ Rest as much as possible - sleep when baby sleeps
- ☐ Track wet/dirty diapers (1-2 wet on day 1)
- ☐ Keep water bottle nearby at all times
- ☐ Skin-to-skin contact for bonding
- ☐ Establish feeding rhythm (every 2-3 hours)
- ☐ Take pain medication as prescribed
- ☐ Accept help from visitors - delegate tasks
- ☐ Gentle movement when ready

DAYS 3-4

Milk Coming In & Emotions

- ☐ Expect breast changes (engorgement is normal)
- ☐ Baby should have 3-4 wet diapers/day now
- ☐ "Baby blues" are normal - let yourself feel
- ☐ Limit visitors if feeling overwhelmed
- ☐ Apply warm compresses before feeding
- ☐ Watch for jaundice (yellow skin/eyes)
- ☐ Continue eating nutritious meals
- ☐ First pediatrician appointment (day 3-5)

DAYS 5-7

Finding Your Rhythm

- ☐ 6+ wet diapers and 3-4 stools per day
- ☐ Start gentle self-care (shower, fresh clothes)
- ☐ Umbilical cord may fall off (keep dry)
- ☐ Check in with your emotions daily
- ☐ Begin to notice feeding patterns
- ☐ Take a short walk outside if weather permits
- ☐ Continue asking for and accepting help
- ☐ Celebrate small wins - you're doing amazing!



When to Call Your Provider

- ☐ Fever over 100.4°F (you or baby)
- ☐ Heavy bleeding (soaking a pad in 1 hour)
- ☐ Severe headache or vision changes
- ☐ Baby not waking to feed or very lethargic
- ☐ Signs of infection (redness, swelling)
- ☐ Thoughts of harming yourself or baby



My Emergency Contacts

OB/Midwife: _____

Pediatrician: _____

Lactation Consultant: _____

Doula: _____

Emergency Contact: _____

Partner: _____



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hello@audreysnest.com

For personalized postpartum support
audreysnest.com/contact