



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: -----

Lactation Consultant: -----

Emergency Contact: -----

Pediatrician: -----

Doula: -----

Partner: -----



audrey's nest

hello@audreysnest.com

For personalized postpartum support

audreysnest.com/contact