



**S**o, the birth is over and you've got your baby home, but now what? Eeend panic, probably! But don't worry, it's perfectly natural to have concerns about this little person who's come into your life, and whether you're worrying about sleeping, feeding or pooping issues, it can be a scary prospect being in charge of such a small human being. In fact, two thirds of new parents worry they're not looking after their baby properly\*, so you're certainly not alone with your concerns. "It's mainly the fear of the unknown that worries new mums," explains Dawn Grey, maternity nanny from Tinies ([www.tinies.com](http://www.tinies.com)). "It's also instinctive to worry, so you just need to draw the line between worrying a healthy amount and worrying too much unnecessarily."

To help you out, here's the lowdown on what to expect from that new baby, tiny person in the first few weeks. →



*"I was panicked about Molly's sleep from day one"*

"I was worried about Molly's sleeping right from the day we brought her home, especially as she didn't seem to settle unless she was in my or her dad's arms! To help we invested in a swaddling blanket and a baby monitor that featured a sensor pad to detect her heartbeat. This gave us the peace of mind needed to set her down in her own bed, which made for much better nights all round!"

Nichola St. George, 31, from Sussex, mum to Molly, 21 weeks

\*MUMS AND DADS

# Your newborn survival guide

Head racing with a million worries about your new arrival? Check out our guide to her daily habits to put your mind at rest.

**Tinies**  
The Childcare Experts

**PRACTICAL parenting**

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gut. The amount can vary a hugely. In fact, even if she goes from pooing several times a day to once every other day, this is still considered to be 'normal.'

"The only time you need worry is if her tummy is hard or she appears to be in a lot of pain, in which case, consult your doctor or health visitor," reassures Dawn. The colour of her poo can also differ, from green, black and sticky, to a mustard yellow colour if you're breastfeeding. If you're bottle-feeding, expect a much darker yellow.

## How many nappies should she get through?

In the first few weeks, you can expect to get through around eight nappies a day, and each one will be heavy and full from her urine. It's estimated in the first year alone, parents will have around 2,000 nappy changes to contend with, so while it might be tempting to bulk buy nappies, don't stock up on one size only. Babies grow and change shape pretty rapidly so it's best to have a few different sizes on hand.

## When will she start playing?

How much energy your newborn has can depend on the birth you had. If you had an anaesthetic, for example an epidural, she might appear to be sleepier at first, but with a natural birth, you can expect her to be active after about two weeks.

"It's hard to say when you might expect her first reaction or expression, but after two or three weeks, expect to see eye contact staring to occur," explains Dawn. At six to



*"Everything fell into place when she came along"*

**"As a first-time mum, my worries were multiple and I had constant doubts: What if I can't feed her properly? How will I know if she's too cold or too hot, and how would I remember all those things I read about before she was born? But when little Alana arrived everything seemed to come so naturally. She took to breastfeeding straight away, which was very comforting, and I seemed to soon instinctively know the differences in her crying and what soothed her. Having reassurances and support from family and friends was a big help, and of course the routine first check-ups made me realise all was well."**

**Tammie Crawford, 30, from New York, mum to Alana, 6 weeks**

eight weeks she should be able to smile and follow a moving object with her eyes well.

## What should her weight be?

All babies are so different but on the whole, in the first week, your newborn's weight might drop initially, but shouldn't go down more than 10 per cent of her original body weight. After the first 10 days, she should start gaining it again, at roughly around 6-8 ounces per week. **PP**