

# *Life with Your New Baby*



Brought to You by  
NIH Work/Life Center

# *Agenda*

- Bringing your new baby home
- Trusting your instincts
- Infant care resources – first year
- Living in “Baby Time”
- New parent stress management
- Balancing work & family

# *Bringing Baby Home*

- Make a “Helper List”
- Prepare your home
- Get organized
- Get comfortable



Brought to You by  
NIH Work/Life Center

# *Trust Your Instincts*

- Fear v Intuition
- Societal messages...insecurity
  - "Show the baby who's boss."
  - "You need to put that baby on a schedule."
  - "If you let that baby sleep in your bed, you'll never get her out."
  - "Don't pick that baby up. Babies need to cry."
  - "Put that baby down. You'll spoil her."
  - "That's not what the experts say."
- Responding assertively to family and friends

## *Believe in Yourself*

- To build your baby's sense of self.
- To make it easy on yourself (this year and next year, too).
- To enjoy the perks.



# *Infant Care - The First Year*



- Get familiar with each other
- Understand developmental milestones
- Crying to communicate
- Feeding your baby
- Sleep schedule
- Toys and activities

Brought to You by  
NIH Work/Life Center

# *Infant Care Resources*



- *Healthy Start, Grown Smart*
- *What to Expect First Year*
- Resource & Referral Service
  - 800-777-1720
- Resources List

Brought to You by  
NIH Work/Life Center

# *Learning to Live in “Baby Time”*



- Connect with other moms and dads
- Take breaks
- Establish a satisfying routine
- Look at the big picture

Brought to You by  
NIH Work/Life Center



# *Memory Keeping Framing “Baby Time”*

- Keep a Baby Book of milestones
- Make a photo album
- Invite other family members to write an observation in a baby diary
- Create “birthday videos”



Brought to You by  
NIH Work/Life Center

# *Stress Management*

- Continue good eating habits
- Get the rest you need
- Delegate some items on your 'to-do' list
- Communicate assertively
- Develop a routine
- Be prepared
- Enlist support – build in personal time

# *Returning to Work*

- Carefully examine your family's needs
- Display confidence in your decision
- Respect the decisions of other parents
- Use the family-friendly tools at work



Brought to You by  
NIH Work/Life Center

# *Balancing Work & Family*

- Prioritize
- Explore options
- Share the load
- Combine tasks
- Enjoy quality time
- Simplify
- Remember, it's a balancing act

