

MS11 VT00 Life With Your Newborn

[Music]

Congratulations on your new baby. Well, now you are home with many more decisions to be made. Let's see what our experts have to say about taking care of yourself and your newborn during these first few weeks. Then I'll be talking with a mom to learn more about caring for her newborn.

After the delivery, some women prefer to go home with just them and their partner and their new baby to spend some quality time bonding together as a family. Others prefer to have family members around to help them out in this beginning stage.

When you go home from the hospital, there's not actually that much that is essential that you need in your house to take care of the baby. You want a safe place for the baby to sleep. That can be a bassinet, that can be a crib or it can even be a Pack 'n Play. Anything will work at that point. You also want a safe place to feed the baby and to bond with the baby.

If you're not able to breastfeed, there are a lot of options to help supplement your baby's nutrition and get you bonding with your baby right away.

For some women it's very easy to nurse, and for other people it's a challenge. Every baby is different.

Most hospital nurses are trained in lactation support, and a lot of hospitals also have lactation consultants on staff. So, just know there are a lot of resources to help you get your baby started with nursing.

You were one of the lucky ones, Patrice, in that you got pregnant on your honeymoon, you were telling me.

We did.

MS11 VT00 Life With Your Newborn

Had a very easy pregnancy.

Very.

No morning sickness.

No. I didn't even realize I was pregnant until I was further along than I'm even going to admit.

But everything went really smoothly. You delivered your son in three hours?

Three hours. My water broke and three hours later I had him in my arms.

What was it like as you left the hospital? What was going through your mind?

Those first few weeks, it's – you feel like you've been hit by a truck. But there is something to be said for the two of you relying on each other so greatly and realizing that you can –

That you can do it.

That you can keep a human being alive.

Right. Exactly.

Pat on the back.

Much harder to hurt them than you thought, yes.

MS11 VT00 Life With Your Newborn

Exactly.

Had you prepared yourself, in terms of whether your home was ready for the baby?

The misnomer is that you need all this stuff, that you need all this space, and you don't need anything. Like, you need –

That's so true.

You need like a bassinette. You need a couple blankets and that's – and diapers.

Did you have any trouble starting to breastfeed?

I had a horrible time breastfeeding.

Tell me about that.

It was really challenging.

Yeah?

Well, you know, you see all these images of these moms just sort of like, you know, bringing these babies to their breast, and then they suckle and it's this amazing, magical experience.

Instantaneous.

MS11 VT00 Life With Your Newborn

And it was so not like that. I couldn't feed my child in the first week. So, as soon as I realized there was a problem, I had a lactation consultant come in and I went to support groups. It took me -- I'd say about four months in is when it clicked.

Finally, it did work for you, but it doesn't always happen that way.

It does not. Sometimes I look back and wonder if those first few months could have been a little bit easier if I was a little bit easier on myself. So many women are so -- especially your first child, you don't know what you're doing and you just are bombarded with information. And I think a lot of new moms maybe have a tendency to isolate themselves inside, and they don't want to go out because they don't feel good or they don't -- or they can't. So, I think the biggest thing is making yourself get out there, talking to people. If there is a problem, don't be afraid to reach out for support because that's the only way that anyone gets through this, I think.

I agree with you.

The first few weeks at home with a newborn can be daunting. Having the right kind of help and support can make this transition a smooth one.

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