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WORKING WITH PARENTS SINCE 2002

Being at home with your baby

Those early days and weeks could be chaotic and exhausting, as you heal from birth and find your feet as a parent. It is worth thinking about what might be helpful and what you might need.

What could be useful to have set up at home for you and your new baby?

To focus on making things easier and encouraging rest and greater comfort.

How can you make sure you rest at home in those early days and weeks?

What might your needs be as a new parent?

What might your new baby's needs be?

Make a note of who you can go to for support. You could include friends and family as well as professional support and contact details.

Any Questions or Comments?

If you have any questions about preparing for your baby, please don't hesitate to get in touch with me for 1:1 sessions, email/phone support.

Written by Janine Smith – a specialist in pregnancy, birth and early parenting