



# Your Guide to Be Happily Nested

## Nest Steps

For additional resources, class information and  
more, visit:

[nestedbaby.com](http://nestedbaby.com)

## Tips for Success

- Communication is KEY! Ask for help!
- Work together and make a schedule → Chores, work, and baby care
- Do family-friendly activities → Check out Yelp, Red Tricycle, and Washington Parent magazine.
- Find other working parents → [Moms.meetup.com](https://www.moms.meetup.com), [Dads.meetup.com](https://www.dads.meetup.com)
- Make time for date nights → To find childcare go to [Care.com](https://www.care.com)
- Have a routine bedtime for the baby for grownup time.
- Allow each other to maintain some independence.
- Talk about topics other than your child.
- Take turns taking care of the baby.
- Take a childbirth, childcare/CPR, breastfeeding, or postpartum class → To find go to [nestedbaby.com](https://www.nestedbaby.com)
- Take it easy on yourself, as things will get easier with time.
- Try to understand what your partner is going through.
- Forgive each other and find humor in mistakes.
- Lower housekeeping standards and hiring overnight assistance.
- When it comes time for intimacy, be patient and supportive of each other.

## Bonding with Your Baby

- Talk to baby during pregnancy.
- Skin-to-skin.
- Swaddling.
- Infant massage with organic coconut oil.
- Touch your baby often!
- Breastfeed often.
- Wear baby.
- Watch facial expressions and reactions to learn their “likes” and “dislikes” and do the same for their cries and vocalizations.
- Eye contact.
- Create a calming bedtime routine: Bathe, Read and Rock, Nurse.
- Exercise with newborn.
- Set aside play-time every day: Dance, sing, blow kisses, whisper, read.

## Going Back to Work

- Talk to your employer about leave policies.
- Work overtime before the birth.
- Split up time off or alternate leaves.
- Work a reduced schedule for the first few months.
- Telecommute.
- Work with co-workers to arrange a schedule.
- Stock up on breastmilk and nursing pads and get a breast pump.
- Introduce bottle at least 2 weeks before going back.
- Make sure you have a private space to breastfeed.
- Arrange childcare.
- Have a backup plan if baby is sick.
- Do a dry run of daily routine.
- Avoid saying: “I’ll have time to do this later.”
- Avoid excuses as they can come across as weak.
- If you are overloaded, don’t apologize for saying no.

*“Thanks for thinking of me. Let me check my project list to see if I can commit and get back to you tomorrow.”*

*“After checking my project list, I can’t take this on and give it the full attention it deserves.”*

*“I can’t take on the project, but I am happy to help brainstorm on how to solve it.”*



## Transitioning Older Siblings

- Start reading books where mom is pregnant/new baby.
- Have child practice holding a baby with a doll, supporting the neck and gently touching.
- If moving child to their own room, do so well in advance.
- If you have any friends with new babies, schedule a playdate.
- Include them in the preparations.
- Show them their baby pictures and talk about when they were a baby.
- Set aside "alone time" every day.
- Validate their feelings and "baby" them if needed.
- Partner can take over mom's routines like bedtime and wake time.
- Praise them when they are sweet with the baby
- Avoid big changes like potty training and preschool right away.
- When old enough, have them help with baby.
- Make them the star of the show, tell them they are the baby's protector and teacher.
- Give them a gift from the baby.
- Let them introduce the baby to visitors.
- Have visitors greet them first, then the baby.

## Grandparent/In-Law Relationships

- Most genuinely want to help and come from a place of love. Be empathetic, thank them, and let them know their importance.
- Mom and partner should support each other and communicate and set boundaries with their own family.
- While mom is recovering, partner should uphold mom's wishes.
- Suggest things to help with and praise them: "Molly loves it when you bathe her."
- Teach them about up to date information or invite them to a childcare class.
- Avoid saying: "You're not the mom; I am!"
- Make a list of what bothers you, decide which ones are priorities that you won't compromise; Focus on those and let the others go.
- Partner should encourage their family to get along with mom as that will result in more time with the baby.
- Before baby comes, sit down with family and talk about your expectations to determine what you agree on and what you disagree on.
- Ask them to call before coming to visit.
- You may consider setting visiting hours.

## Links to Other Helpful Resources

[List of therapists, new mom groups, recommended reading and more](#)

[Nutrition, exercise and sleep - during and after pregnancy](#)

[Partner page](#)

[Reiter, Hill, Johnson & Nevin](#)

