

# THINGS TO EXPECT: Weeks 1-2



## Sleep

### THINGS TO EXPECT

Newborns should get 8 hours of daytime sleep and 8-9 hours of nighttime sleep.

Watch for signs of tiredness including:

- Yawns
- Calmer movements
- Fussiness



## Feeding

### THINGS TO EXPECT

For breastfeeding baby, try nursing every 2-3 hours for 20-30 minutes.

For formula feedings, offer the bottle every 3-4 hours with 2-3 ounces per feeding.

Watch for signs of tiredness including:

- Rooting
- Placing hand in mouth
- Crying



## Diapering

### THINGS TO EXPECT

The first wet diaper will occur 12-24 hours after birth.

Babies should have 1-2 wet diapers on the first day; 2-4 wet diapers on days 2-3; and 4-6 wet diapers by day 4.

Expect 6+ wet diapers per day starting at day 5.

## Early Development

### THINGS TO EXPECT

From birth, your baby is capable of communicating. You'll soon understand their signals.

Your baby will:

- Calm when fed and comforted
- Make eye contact
- Become alert at new sights and sounds
- Wiggle, kick, and thrust arms
- Makes small throaty sounds



## Keeping Track

### WHAT TO LOOK FOR

ParentPal's tracking tools make it easy for you to log and track your baby's early development, including:

- Feeding
- Diapering
- Sleep
- Health Symptoms
- And more

Tap the  on the Today page to use ParentPal's robust trackers.