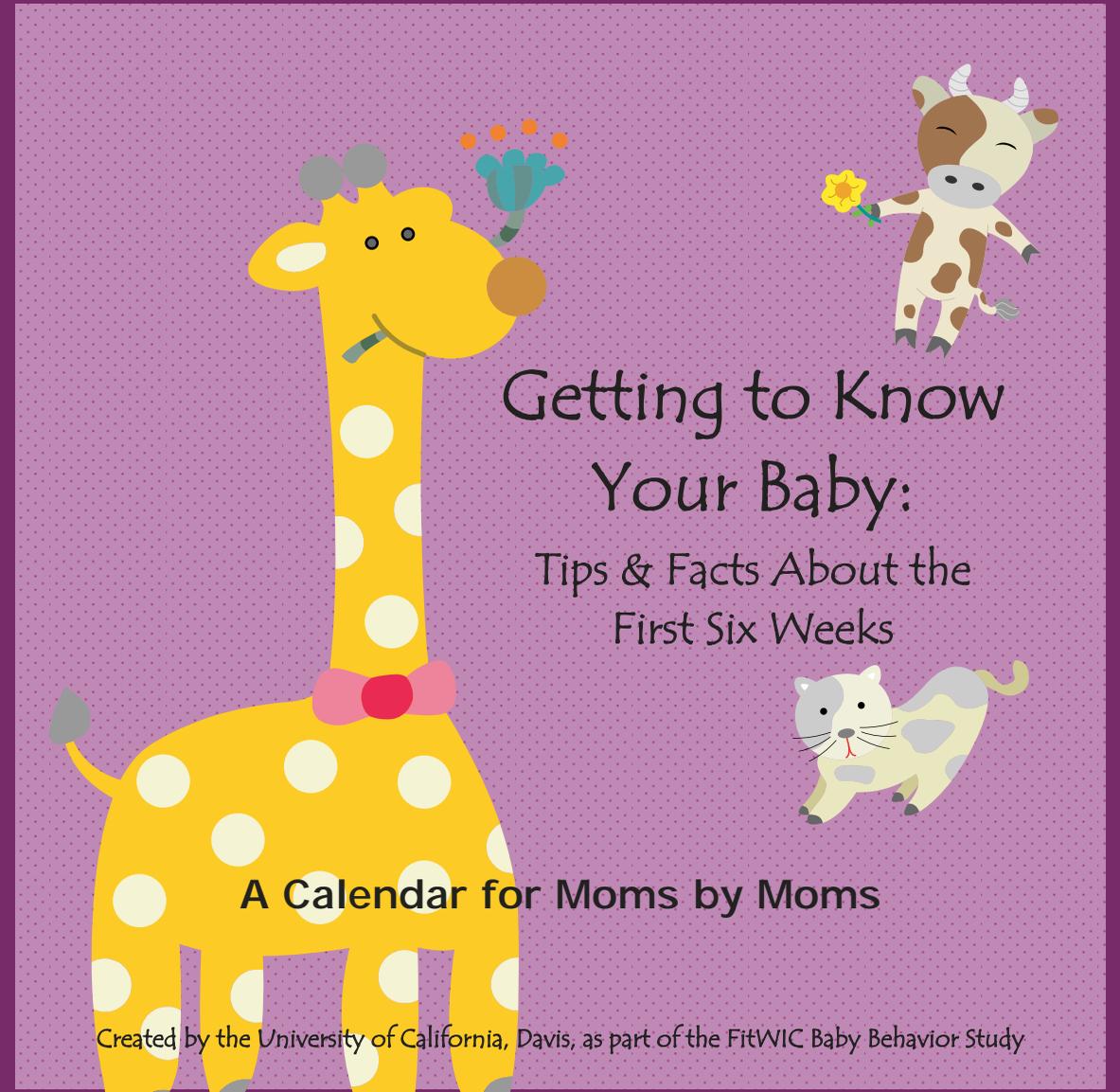




Written and designed by Jennifer L. Bañuelos, MAS
Cover designed by Kara Ishii, MSW
Baby Behavior Study logo designed by Erin Garcia, MAS

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Getting to Know Your Baby: Tips & Facts About the First Six Weeks

A Calendar for Moms by Moms

Created by the University of California, Davis, as part of the FitWIC Baby Behavior Study

Resources

Having a baby is very exciting! It can also be stressful. Over the next 6 weeks you and your baby will be working hard to get to know each other. Some moms think the lack of sleep and frequent feeding will last forever, but it lasts only a very short time. This calendar will help you count down to the time when you and your baby will be better at working together.

Childhelp USA

Crisis intervention and local referral services for child abuse prevention

1-800-422-4453

www.childhelpUSA.org/

National Domestic Violence Hotline

A referral and limited counseling service

1-800-799-7233

www.ndvh.org/help

American Association of Poison Control Centers

Hotline for poison emergencies and information

1-800-222-1222

www.aapcc.org/DNN

Postpartum Support International

Find a support group in your area

www.postpartum.net/

National Suicide Prevention Lifeline

1-800-273-8255