Tips & Facts About the First Six Weeks

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

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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.

Resources

**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