

## Taking Care of New Baby | Kaiser Permanente

[Music]

This time that you're going to spend with this newborn at home is going to be a unique experience. There are going to be times where there'll be just you and the baby bonding, getting to know each other. Family support can also be very helpful. I think it will vary from person to person depending on what your needs are during this new time of your life.

After the delivery, some women prefer to go home with just them, their partner and their new baby, to spend some quality time bonding together as a family.

When the baby first arrives, we'd like those first couple days just to be the three of us so that we learn what that type of feeling is all about.

It was really great to come home together as a family. We felt really well-prepared after leaving the hospital. It was just really great to be able to bring her home to her big sister and to be able to kind of bond there at home as a family.

Others prefer to have family members around to help them out in this beginning stage.

We have a ton of family, but we also have a ton of friends that are like family around. And we can just pick up the phone and call anybody because you know you're going to have ups and downs when you come home with a newborn, and just to know that we have people around that can help is amazing.

That help can be anything from grocery shopping to bringing meals to folding laundry to helping you straighten up the house.

Once you return home, there's no right or wrong answer. Whatever works for you and your family is what's best. Maybe that's just you and your partner and

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the baby bonding, or perhaps that's additional family members around to help you out.

You will figure it out and you will do great.

[End of recording]