

What's your 2am plan?

Being up in the middle of the night with your baby is hard! Before your baby goes to sleep, make a plan for nighttime wake-ups to help things go a little more smoothly.



Let's make a plan.

Who will feed the baby in the middle of the night tonight? Breastmilk or bottle?

How will you stay awake and make sure the baby is safe?

Where is the safest place for your baby to sleep?



Talk about these things with your family/support system before your baby comes home from the hospital.



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