



12 Common New Mom Struggles

(and what to do that helps)

brightnewbeginnings.org



Welcome, Mama

Those early weeks with your newborn are full of beauty, exhaustion, and figuring things out one day at a time. Every new mom makes mistakes, (I definitely did), and that's completely normal.

This guide is here to give you quick, comforting reminders of what really matters, so you can care for your baby and yourself with more confidence and calm.

Nicole

O1

Trying to Do Everything Alone

You don't have to do it all. Let someone else hold the baby, bring dinner, or fold the laundry. Asking for help isn't weakness, it's what makes motherhood sustainable.

O2

Ignoring Your Own Recovery

You matter too. Eat real meals, stay hydrated, and rest whenever you can. A rested, nourished mom is better able to care for her baby.

O3

Expecting Baby to Follow a Perfect Schedule

Newborns don't run on clock time. Follow wake windows and hunger cues instead of strict routines. Flexibility helps you both find your rhythm.

O4

Comparing Yourself (or Your Baby) to Others

What you see online isn't the whole story. Every mom's experience is different. Stay in your lane, celebrate small wins, and remember, your baby just needs you.

05

Ignoring Signs of Postpartum Blues or Anxiety

Feeling sad, anxious, or disconnected isn't something to "push through." Talk to your provider or a trusted friend. Reaching out for help is an act of love – not weakness.

06

Trying to Sleep Train Too Early

Your baby's sleep is still developing. Focus on creating calm evenings, dim lights, and gentle routines. There's no rush – sleep will come in time.

07

Not Asking Enough Questions at Doctor Visits

You're your baby's best advocate. Write questions down before appointments and speak up. No concern is too small, your peace of mind matters.

08

Expecting Your Body to Bounce Back

Your body just did something incredible. Healing takes time, nourishment, and grace. Focus on feeling strong and supported, not on the number on a scale.

09

Over-Googling Every Little Thing

The internet can be overwhelming. Choose one or two reliable sources for newborn care and stick to them. When in doubt, call your doctor instead of scrolling.

10

Not Creating a Calm Evening Routine

Keep nights peaceful dim lights, soft sounds, gentle feedings. A simple, soothing routine signals to your baby (and your body) that it's time to rest.

11

Ignoring Your Gut Instincts

You know your baby better than anyone. If something feels off, trust yourself and ask questions. Your intuition is one of your strongest tools.

12

Neglecting Connection With Your Partner It's easy to lose sight of each other in the newborn fog. Check in, share a quick hug, or sit together after bedtime. Staying connected keeps your whole family stronger.

The early weeks after birth can feel overwhelming at times. If you're feeling unsure or tired, you're not alone and you're doing the best you can.

If you would like more gentle support, ***The First 6 weeks Postpartum Made Easier*** offers 121 simple practical tips to help you heal, rest and care for your baby, including newborn sleep and soothing tips designed to bring a little more ease to those early days.

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