

MY DOULA DAWN



Nurturing Your Journey

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A GUIDE FROM MY DOULA DAWN

The 5 Biggest Mistakes

New Parents Make (& How to Avoid Them)

The newborn phase is a huge adjustment. No matter how much you prepare, there are some things you only learn through experience. But what if you could skip the trial-and-error? These 5 common mistakes trip up even the most prepared parents — now you'll know how to avoid them.

THE 5 MISTAKES

- ✦ Not setting up a postpartum support team
- ✦ Assuming newborn sleep will just "work itself out"
- ✦ Not understanding how to feed a newborn
- ✦ Expecting to "bounce back" physically
- ✦ Ignoring your relationships and mental health

MISTAKE #1

Not Setting Up a Postpartum Support Team

New parents often focus all their energy on birth prep — but postpartum recovery lasts much longer than labor.

♦ WHY IT'S A PROBLEM

- ♦ You're physically healing from birth, sleep-deprived, and caring for a tiny human.
- ♦ Trying to do it all alone leads to exhaustion, burnout, and overwhelm.
- ♦ Partners struggle too — they need support just as much as you do.

♦ HOW TO AVOID IT

- ☐ Use the "Three Circles" method to organize your support system
- ☐ Ask for help before baby arrives — people want to help, but don't always know how
- ☐ Accept that postpartum isn't a solo mission — build your village early

♦ **Dawn's Tip:** *If you haven't mapped out your support circles yet, grab the [Three Circles of Support](#) guide — it walks you through exactly who to ask and how.*

MISTAKE #2

Assuming Newborn Sleep Will Just "Work Itself Out"

Newborn sleep is completely different from adult sleep, and if you don't know what's normal, it can feel really frustrating.

♦ WHY IT'S A PROBLEM

- ♦ Parents expect babies to  *sleep through the night* too soon.
- ♦ Keeping baby awake longer doesn't make them sleep longer — it backfires.
- ♦ Exhausted parents start desperately searching for solutions that don't actually work.

♦ HOW TO AVOID IT

- ☐ Learn newborn sleep basics — wake windows, sleep cycles, realistic expectations
- ☐ Set up a sleep-friendly environment — dark room, white noise, safe sleep space
- ☐ Remember: short naps and frequent wake-ups are normal at first

Want the full picture?  *Baby Sleep Cheat Sheet* breaks down exactly what to expect at every stage, and the *Newborn Sleep Blueprint* gives you a real plan.

Get it at mydouladawn.com/newbornsleep

MISTAKE #3

Not Understanding How to Feed a Newborn

Whether you're breastfeeding, bottle-feeding, or combo-feeding, there's a learning curve.

♦ WHY IT'S A PROBLEM

- ♦ Many parents think breastfeeding should *"just happen"* naturally — it often doesn't.
- ♦ Formula-feeding parents struggle with how much & how often to feed.
- ♦ Growth spurts & cluster feeding can feel like something is "wrong" when it's actually normal.

♦ HOW TO AVOID IT

- ☐ Learn about normal newborn feeding behaviors before baby arrives
- ☐ If breastfeeding, get support early — a lactation consultant or trusted resources
- ☐ If formula feeding, track intake and understand normal feeding patterns

♦ **Dawn's Tip:** *Newborns eat constantly in the first few weeks. It's exhausting, but it helps them grow — and feeding patterns change quickly.*

MISTAKE #4

Expecting to "Bounce Back" Too Soon

Postpartum recovery is not just 6 weeks — your body and mind take months to fully heal.

♦ WHY IT'S A PROBLEM

- ♦ The pressure to "snap back" makes new parents feel like they're failing.
- ♦ People underestimate how long postpartum bleeding, soreness, and fatigue last.
- ♦ Mental health struggles, like postpartum anxiety & depression, often go unnoticed.

♦ HOW TO AVOID IT

- ☐ Give yourself permission to rest & recover — without guilt
- ☐ Prioritize self-care — nutrition, hydration, movement when ready
- ☐ Know the signs of postpartum anxiety & depression, and don't wait to get help

♦ **Dawn's Tip:** *Your body just created a human. Healing takes time — honor the process instead of rushing it.*

MISTAKE #5

Relationships

Having a baby completely shifts your relationship dynamic, before and after birth. Many couples struggle because they don't talk about expectations.

♦ WHY IT'S A PROBLEM

- ♦ Unspoken resentment builds when one person feels they're doing more.
- ♦ Partners feel disconnected in the chaos of newborn life.
- ♦ Many new parents don't realize how common postpartum anxiety & mood swings are.

♦ HOW TO AVOID IT

- ☐ Have a real conversation with your partner about expectations before birth
- ☐ Prioritize small moments of connection — even just a 10-minute check-in
- ☐ Know that mood swings, intrusive thoughts, and anxiety are common postpartum

♦ It's okay to not love every moment of new parenthood. *Take care of your mental health just as much as your baby's needs.*

Work with Dawn: [Book a free 15-minute call](#) or visit mydouladawn.com.