



Nurturing Your Journey

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A GUIDE FROM MY DOULA DAWN

The Newborn *Survival* Guide

Everything No One Tells You

Bringing home a newborn is beautiful, exhausting, and overwhelming — all at once. You've spent so much time preparing for birth, but now what? This guide walks you through the first six weeks so you can feel more confident, prepared, and less sleep-deprived.

WHAT'S INSIDE

- ✦ What to expect week by week, weeks 1 through 6
- ✦ What actually helps at each stage
- ✦ The 5 most common newborn challenges, solved

YOUR FIRST 6 WEEKS

Week 1: The "What Just Happened?" Phase

✦ WHAT TO EXPECT

- ✦ Your baby will sleep 14–18 hours a day — but in short bursts.
- ✦ Cluster feeding is normal (yes, it feels non-stop).
- ✦ Newborns cry for all kinds of reasons — hungry, tired, gassy, overstimulated.
- ✦ Your emotions may feel all over the place.

✦ WHAT HELPS

- ☐ Swaddling — mimics the womb, helps calm baby
- ☐ White noise — blocks out sudden noises, promotes sleep
- ☐ Wearing baby — a wrap or carrier can be a lifesaver
- ☐ A postpartum support system — ask for help

✦ **Dawn's Tip:** *It's okay if the first week feels like a blur. Survival mode is normal — you're not doing it wrong, you're doing it new.*

YOUR FIRST 6 WEEKS

Weeks 2-3: The "Why Won't My Baby Sleep?" Phase

✦ WHAT TO EXPECT

- ✦ Baby's sleep is still all over the place, but there's a pattern forming.
- ✦ Gas, reflux, and digestion issues can peak now.
- ✦ Some babies start "witching hour" fussiness in the evenings.
- ✦ Your sleep deprivation really kicks in.

✦ WHAT HELPS

- ☐ Wake windows — too much awake time means an overtired baby
- ☐ Bicycle legs & tummy massage — helps baby pass gas
- ☐ Feeding upright & burping well — reduces spit-up
- ☐ Taking shifts with a partner — one sleeps, one handles baby

✦ **Dawn's Tip:** At this stage, babies aren't "bad sleepers" — they're just newborns. Adjust your expectations, not just your sleep strategies. If you want a real plan for this stage, check out the [Newborn Sleep Blueprint](#).

YOUR FIRST 6 WEEKS

Weeks 4-6: The "Settling In" Phase

✦ WHAT TO EXPECT

- ✦ Baby's digestive system is adjusting — you might see poop changes.
- ✦ Sleep patterns are more predictable, though still short stretches.
- ✦ Breastfeeding or bottle feeding gets easier.
- ✦ You might start feeling more like yourself again.

✦ WHAT HELPS

- ☐ Tracking sleep & feed patterns — helps you notice baby's natural rhythm
- ☐ Trying a gentle bedtime routine — even just dim lights & a song
- ☐ Getting outside daily — fresh air helps both of you
- ☐ Connecting with other parents — it helps to not feel alone

✦ **Dawn's Tip:** *If sleep isn't improving, revisit wake windows and feeding amounts before anything else. Small adjustments make a huge difference at this stage.*

GO DEEPER

Still Not Sleeping? There's a Better Way

Everything in this guide will help — but if you want a real plan, not just tips, the **Newborn Sleep Blueprint** walks you through Dawn's proprietary feeding-based sleep method and the Intermission Technique, step by step.

♦ WHAT'S INSIDE

- ♦ Dawn's feeding-based approach to newborn sleep — built around how babies actually eat and rest, not a rigid schedule.
- ♦ The Intermission Technique, for the moments sleep falls apart.
- ♦ A short, watch-anytime video format — made for the middle of the night, not a classroom.

♦ **Dawn's Tip:** *You don't have to wait until you're desperate to get this. The earlier you understand your baby's sleep patterns, the less overwhelming the first six weeks feel.*

The Newborn Sleep Blueprint — \$47

Get the video course at mydouladawn.com/newbornsleep

TROUBLESHOOTING

Common Newborn Challenges & How to Handle Them

1. Cluster Feeding

- ✦ Normal in growth spurts, especially weeks 2, 4, and 6.
- ✦ Nurse or bottle-feed on demand — it helps boost supply.
- ✦ If overwhelmed, switch sides often or take short breaks.

2. Newborn Gas & Fussiness

- ✦ Try bicycle legs, tummy massage, or babywearing.
- ✦ Adjust feeding positions and burp baby well.
- ✦ If bottle-feeding, check for slow-flow nipples to prevent gulping air.

3. Baby Won't Sleep in the Bassinet

- ✦ Try warming the sheet slightly before laying baby down.
- ✦ Put baby down drowsy but awake, not fully asleep.
- ✦ Try different sleep surfaces — bassinet, crib, bedside co-sleeper.

4. Night & Day Confusion

- ✦ Keep daytime bright & active, nighttime dark & quiet.
- ✦ Limit long naps during the day to encourage better night sleep.
- ✦ Use white noise at night for consistency.

5. You're Completely Overwhelmed

- ✦ Ask for help — you don't need to do this alone.
- ✦ Outsource what you can — meals, cleaning, errands.
- ✦ Take things one feed, one nap, one day at a time.

✦ **Remember:** *There is no perfect way to do this. Your baby is learning, and so are you.*

Work with Dawn: Visit mydouladawn.com to book a free 15-minute call or get the [Newborn Sleep Blueprint](#).