



THE NEW PARENTS' MANUAL

Things to know as you step into parenthood

Hi there!



If you are a first time mom or dad, you might have already gone through plenty of material giving you the best advice for new parents. From ideas for baby showers to new mom checklists, there is plenty of parenting advice around. Keeping up with all the information and remembering the right things at the right time is hard work for expecting parents. And you might be doing all of this while juggling responsibilities at your office and home.

You might be feeling thrilled as you go through these advices as a dad or mom to be. But you might also be apprehensive about all the changes that you will have to make as first time parents. It is normal to feel overwhelmed and not ready for the task even if you thought you had prepared well. If that is the case, always remember that you are doing the best you can and be kind to yourself. This e-book was made to provide you with the most important information and best parenting advice for new parents. Written concisely, we hope it will be a handy tool for you to consult when in doubt.



The First Few Weeks

- Focus on the most essential and obvious needs that you can see. Don't try to do everything at once.
- Keep yourself organized and prioritize your own needs. If you are burnt out, you won't be able to attend well to others.
- Don't forget your doctors' appointments in the months after delivery.
- Keep a notepad or chart in which you can scribble down things you remember needing to get done.
- Know what doesn't need to be done perfectly and let yourself not spend too much time on these things.
- Don't create unrealistic expectations for yourself. Accept your human limitations.
- Ask others to help in housework and delegate specific tasks as much as possible. Older children can help with various chores and it will help them have a sense of responsibility.
- Ask others in the house to not leave for work till you have started on your day and is dressed and ready.



- Practice saying "no" to people. While this can feel uncomfortable for some at first, it is necessary to maintain your mental health and life rhythms. It doesn't make you selfish.
- Be patient with yourself and others. Everyone will take a while to get adjusted.
- Shop for groceries or other essentials online so that you don't have to step outside.

- Don't spend all your time cooped up inside the house. Make it a priority to step outside for a walk, even with your baby in the pram, for a little while every day.
- Eat nutritious meals at the right intervals. You might have a craving for sweet things, which you should keep a strict watch over. It might not be the best thing for your or your baby's health.
- Drink plenty of water throughout the day.
- Take naps and rest your body whenever you get time. Pause when you are getting too stressed and busy. Try breathing exercises.
- Use good shampoos, creams, and other accessories that make you feel healthier and better.
- Don't cut yourself off from the world completely. Put on your favorite album as you work or set a little time apart to read a book.
- Call friends and reach out for support. This will help you remain emotionally and mentally healthy.



Changes to Expect

- Your normal routine will have to undergo a massive change when your baby arrives. Everything will have to be reorganized based on their sleeping and waking schedules.
- You will be much more sleep deprived and exhausted than at any time before. Taking care of a little one who demands attention 24x7 is not easy.



- You will not look your best or appear put together all the time. Women will gain weight and have many changes happen to their body.
- You might feel sad or irritable a lot. Your relationship with others in the house will also be affected. Know that all of you are going through this change and that it will be difficult to remain patient sometimes.
- Your house will not be as organized or clean as before. Don't try to make it look perfect all the time. Instead spend the energy you have on keeping it a place that you can live in.
- You will have a deeper understanding of parental love and find yourself even surprised by its intensity.
- You might spend more money once the baby arrives than you have ever spent before. Be wise about how much money goes into what and always keep an amount set apart for emergencies.
- You might worry more and spend a lot of time thinking of what-if scenarios. You might worry about your own health, household security, etc. since you are now thinking about your child's well-being.
- You might feel guilty for not spending more time with your friends or other family members. That is normal and to be expected when there is a shifting of priorities.



Ideas on Breaking the News

- Finding out that you're pregnant and telling everybody about it are exciting parts of your pregnancy journey. You can share the news with your partner in a number of ways.
- You could leave them a surprise note or put tiny baby shoes in a place where they will see it when they get home from work.
- You can text the photo of your pregnancy test, tie balloons to the door of your house, or take the help of your pet or older child.
- You might decide to keep the news to yourself for a while and enjoy it. Or you might want to share with your close family and friends as soon as possible.
- You can come up with creative ways to do it. Your parents or grandparents might appreciate you doing it in person as well.
- You could write them a handwritten note and go the old-fashioned way. Or sit with them and share the news in a family setting.
- You could gather everyone together on the pretext of some other celebration and announce it as a surprise.

- If you are into social media, putting up life updates are a big deal too. It will reach a lot of people, so you don't have to individually tell everyone. This is very useful for people with a large number of friends, some of whom might be living far away.
- You can restrict who gets to see your posts based on which app you are using, if you are concerned about privacy.
- You could wait for a while before posting anything on your handle. The time is ideally past three months so that you get to a steadier time in your pregnancy.
- You could post a photo from a photoshoot if you have one, or you could just announce it in your own words. Either way, it is going to be an occasion of joy for everyone who cares about you.
- Just make sure that all your immediate friends and family get to know it from you directly rather than through the internet.





Searching for the right baby name will occupy you for quite a while over your months of pregnancy. You might be weighing the different options available and thinking about whether you should stick to a traditional name or a newer one. Finding the most suitable name for your baby is an important responsibility since the name will stay with them long after you cannot.

If you know the gender beforehand, you might pick the name long before the baby is born. How and when you decide to share it is completely up to you. Ward off any pressure you might feel about what others will think of your baby's name. Trust yourself and go for it. Check out the [CutesyCup](http://www.cutesycup.com) e-book on Baby Names designed just to help you figure out what to name your baby.



Shopping for Baby

Once you start thinking of all the things you will want to get for your baby, the list can start to seem endless. Every baby stores and toy shop will exert a magnetic force over you, not to mention all the time spend browsing apps or websites online. The temptation to buy every adorable thing you see can become too much. It is important to spend wisely during this stage and have a budget plan fixed. Otherwise, your money will run out before you know it.

- Resist the temptation to get “just one more thing”. You will end up buying too many things, many of which might not be very useful at the end of the day.
- Be clear about what you need and what you want. Acquire all the needs first. If you feel like you can't resist something that you don't really need, walk away and come back later to see if you still want it.
- Take along someone who is good with handling money along with you if you struggle with spending too much. Don't visit too many stores and don't go shopping to release stress.
- Don't buy too many tiny baby clothes as babies outgrow cloth sizes very fast.
- Let people throw baby showers for you. When people ask you what you want, try to be as specific as possible and get useful things like car seats and high-chairs.
- Ask for budgeting help from others who have done this before. They might have useful insights that will help you.
- Buy things like nappies and toiletries over time so that you have a decent amount of them stored by the time the baby arrives. Those will be things you use regularly and will cost you quite a lot if you get them all at once.

You can check the Cutesy Cup website for an e-book on budgeting, which is sure to help you.

Baby Proofing Your House

Once you have a little one, it will become all too clear how much care you have to give them. And once they start running around, you will start seeing potential threats to their safety everywhere. Baby-proofing your house will be one of the best things you can do for yourself and for your child. Check out our e-book on baby-proofing at [Cutesy Cup](http://CutesyCup.com).

Here are some things to get started:

- Always have a first aid kit handy.
- Use protective covers for all electrical outlets, cables, etc.
- Have smoke alarms in the house.
- Lock away chemicals, jewelry, medicines, cosmetics, and other things that could be hazardous.
- Install baby-proof gates at the top and bottom of the stairs.
- Keep sharp or breakable objects out of reach and all surfaces as clean as possible.
- Use rugs that are slip-proof.
- Don't let your baby play unattended in the bathroom or with any kind of water.
- Cover all sharp corners of tables, cabinets, and cupboards.
- Use guard rails in the balcony and on the windows.
- If you have a garden, make sure that there are no rusty equipment lying around.
- Ensure that your child is not allergic to your pets or your plants.
- Use a car-seat when you travel and make sure the baby is strapped in securely.





Marking Milestones

You will have plenty of occasions to celebrate as your baby grows up. They will learn to walk, say words, and get tiny teeth. However, each baby is unique and so, each baby will have differences in when these milestones occur. You will notice that your child gets better at communication, motor skills and cognition, and socio-emotional skills as time goes by. There are various resources available on the internet that tell you what to expect when, but don't worry if your baby is taking more time than others for certain things. If you think that they might need medical help at an early stage, and that is only when basic developmental milestones like babbling or holding things seems to be very behind, consult a good doctor. It is better to get second opinions as well before you decide on any other course of action. However, don't panic if your baby just takes more time to get to some milestones than others.



Handling Relationships

- Your relationship with your partner will change once the baby arrives. Make sure that you take time out to communicate with each other well and share your duties.
- As the baby grows older and spends more time by themselves, set up date nights just for you and your partner in a regular basis.
- Do activities together, whether at home or outside. Relax together and talk about all areas of your life honestly.
- Talk about your expectations of them and avoid being overly critical.
- Communicate when you feel unappreciated or hurt. Do not let resentment build.
- Be patient with each other, understanding that you both are just getting used to this new life.
- If there are others living at home, communicate well with them and try to be understanding of them.
- You might not have much time to catch up with your friends as much, but make sure to stay in touch whenever possible.
- Keep in touch with extended family but make sure that your own family and needs always come first.
- Talk about the changes that will be happening in your life soon before the baby arrives so that they will be prepared for you to take more time for yourself.
- Don't drain your mental energy by always saying yes to others or by spending too much time on social media.



We hope you found this ebook useful and fun! Visit us at [Cutesy Cup](https://www.cutesycup.com) for more ebooks and a host of wonderful baby and toddler clothing.

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