

Is This Normal?

A New Parent's Guide to the Weird, Wonderful & "Wait...WHAT? Things Babies Do

Nurturing Mama Services

First of all...take a breath. 💜

If you've ever looked at your newborn and thought, "Ummm...is the normal?" You are not alone.
Newborns are amazing little humans, but they can also be **really weird.** They grunt, squeak, hiccup, spit up, make funny faces, sleep at strange times, and sometimes make noises that have you reaching for your phone at 3am. 😂
This guide is here to help you understand some of the things that commonly surprise new parents - and to give you a little reassurance along the way.

You don't need to know everything. You just need a place to start when something makes you wonder, "Wait...WHAT?"
And remember: this guide is for general information and reassurance. If something doesn't seem right, or your gut tells you something is off, **reach out to your baby's healthcare provider.** You know your baby best.

💜 **Let's get into it.**

Why is my baby so noisy?

If you were expecting your newborn to sleep quietly like a tiny angel...well, newborns didn't get that memo. 😂
They can grunt, squeak, sigh, snort, sneeze, hiccup, and make all sorts of little sounds—especially while they're sleeping.
The good news:
If your baby is comfortable, feeding well, has normal color, and isn't working hard to breathe, those strange little noises are often just part of being a newborn.

What about grunting?

Grunting can happen for a few different reasons. You may notice it when your baby is moving, passing gas, or working on a poop. That kind of occasional grunting can be completely normal.
But here's the important part: grunting with every breath can be a sign that your baby is having trouble breathing.

💜 **Check in with your baby's healthcare provider if:**

- Your baby's breathing seems unusually fast or difficult
- You see the skin pulling in around the ribs with each breath
- Your baby's nostrils are flaring with breathing
- Your baby's lips, face, or tongue look blue or gray
- Your baby seems unusually sleepy or isn't feeding normally

And remember: You don't have to sit at 3 a.m. wondering if something is okay. If you're worried about your baby's breathing or something just doesn't seem right, call your baby's healthcare provider. Trust that gut feeling. 💜

Why does my baby sneeze so much?

If your newborn seems to sneeze all. the. time, take a breath. Newborns commonly sneeze because they're clearing little irritants from their tiny noses. Things like dust, fuzz, or strong smells can trigger it. Sneezing by itself doesn't necessarily mean your baby is sick or has allergies.

What about that stuffy-sounding nose?
Newborns have very small nasal passages, so even a little dried mucus can make them sound surprisingly congested. Sometimes they sound like a tiny piglet when they're sleeping. 😂
If your baby is otherwise comfortable, feeding normally, and breathing easily, that noisy nose may simply be part of newborn life.

💜 What can help?
If your baby's nose is stuffy, plain saline drops can help loosen dried mucus. You can then gently clear the mucus with a bulb syringe or nasal aspirator if needed. This can be especially helpful before feeding.
One important reminder: babies should still sleep flat on their backs on a firm, flat sleep surface, even when they're congested. Don't prop up the mattress or use pillows or other positioning devices.

🚩 When should I call?
If your baby's breathing becomes difficult, they're breathing much faster than usual, you see their ribs pulling in with each breath, their nostrils are flaring, or their lips or face look blue, contact your baby's healthcare provider promptly. If your baby is struggling for each breath or has blue lips or face, call 911.

Why does my baby want to eat ALL. THE. TIME?

If it feels like your baby just finished eating and is already asking for more… welcome to newborn life. 😂
Newborns have very small stomachs, and feeding frequently is normal. Some babies also go through periods of cluster feeding, when they want to eat much more often than usual—sometimes seemingly nonstop for a stretch of time.

💜 **What should I look for?**
Instead of watching the clock, pay attention to your baby.
A baby who is generally feeding well will usually:

- Show signs that they're hungry
- Have regular wet diapers
- Seem satisfied after at least some feeds

And remember: feeding your baby isn't always about hunger. Sometimes babies want to suck for comfort, closeness, or reassurance. That's normal, too.

“**Am I feeding my baby too much?”**
For a breastfed baby, it's generally okay to offer the breast when your baby shows hunger cues. For bottle-fed babies, it's also important to watch your baby's cues rather than feeling like you have to get them to finish a certain amount.
Your baby doesn't need to follow a perfect schedule. 💜

🚩 **When should I check in?**
Talk with your baby's healthcare provider or feeding professional if your baby is consistently having trouble feeding, isn't having the expected wet diapers, is difficult to wake for feeds, or you're concerned that they're not getting enough milk.
And if you're breastfeeding and wondering, “Is my baby actually getting enough?”—please ask for help. You don't have to sit there at 3 a.m. wondering. 😊

Why does my baby get hiccups so often?

hic! hic! hic!

Those tiny hic! sounds can be surprisingly dramatic when you're a brand-new parent. And newborns can seem to get hiccups constantly—after eating, during a nap, or seemingly for absolutely no reason. 😂

💜 The good news

Hiccups are very common in newborns. They're usually harmless and don't bother your baby nearly as much as they bother you.
You don't need to do anything special to make them stop. Most of the time, they'll simply go away on their own.

Why do they happen?

Hiccups happen when the diaphragm, the muscle that helps with breathing, suddenly contracts. In newborns, this little muscle is still getting the hang of things.
You may notice hiccups more often after a feeding, especially if your baby has swallowed some air or eaten quickly.

"Should I stop the hiccups?"

Usually, nope! 😊
If your baby is comfortable, breathing normally, and otherwise acting like themselves, you can simply let the hiccups run their course.
You can continue holding or cuddling your baby normally. If hiccups happen during a feeding and your baby seems uncomfortable, you can pause, give them a chance to burp, and then see if they'd like to continue.

🚩 When should I check in?

If hiccups seem to be causing your baby significant discomfort, are happening along with frequent vomiting, feeding problems, breathing trouble, or something else that concerns you, check in with your baby's pediatrician.
And please don't try internet "hiccup cures" on your newborn. No sugar, water, honey, startling, or other tricks. Your baby doesn't need a TikTok remedy at 3 a.m. 😂

Is my baby spitting up too much?

Babies are basically tiny milk fountains sometimes. 😂
A little spit-up after a feeding is very common. Your baby's stomach is small, and the muscle that helps keep milk in the stomach is still maturing. So sometimes milk makes a return appearance.
If your baby is comfortable, feeding well, having plenty of wet diapers, and growing as expected, occasional spit-up is usually nothing to worry about.

💜 Spit-up or vomiting?

Spit-up usually comes out easily, often with a burp. Your baby may barely notice it. Vomiting is more forceful. You may see your baby's tummy muscles working, and your baby may seem uncomfortable or upset.

What can help?

You can try:

- Giving your baby a chance to burp during and after feeds
- Keeping things calm after feeding instead of lots of bouncing or active play
- Holding your baby upright for a little while after feeding while you're awake and watching them

And one important reminder: even babies who spit up should sleep flat on their backs on a firm, flat sleep surface. Don't prop up the mattress.

🚩 When should I call the pediatrician?

Check in promptly if your baby's spit-up:

- Becomes forceful or projectile
- Is green or contains blood
- Happens along with trouble feeding
- Seems to be causing significant discomfort
- Is happening along with fewer wet diapers or poor weight gain

And if you're looking at the amount of spit-up thinking, “There is NO WAY that much milk just came out of that tiny baby”...you're probably not the first parent to think that. 😂. Sometimes it looks like an entire bottle came out when it was actually much less.

Why is my baby so gassy?

If your baby seems to grunt, squirm, pull their legs up, and let out enough gas to make you wonder how someone that tiny can possibly produce THAT much...welcome to newborn life. 😂. Babies have brand-new digestive systems, and they also swallow air while feeding and crying. All that air eventually has to come out somewhere!

💜 Is gas normal?

Yep! Passing gas is a normal part of being a baby. Some babies seem much gassier than others, especially during those first couple of months. Gas can sometimes make babies uncomfortable, but it isn't usually a sign that something is wrong. And here's something important: not every fussy baby is fussy because of gas. Newborns cry for lots of reasons—hunger, tiredness, needing a diaper change, wanting to be held, and sometimes just because they're having a very newborn day. 😂

What can help?

You can try:

- Burping your baby during and after feeds
- Keeping your baby calm during feeds so they aren't gulping and swallowing extra air
- Holding your baby upright for a little while after feeding while you're awake and watching them
- Gently moving their legs like they're riding a bicycle
- Giving them some supervised tummy time while they're awake

And if your baby doesn't burp every time? That's okay, too. Not every baby does.

💜 When should I check in?

Talk with your baby's pediatrician if your baby seems to be in significant pain, isn't feeding well, is vomiting, isn't having enough wet diapers, or you're worried that something isn't right. Most newborn gas gets better as your baby's digestive system matures.

So yes...your tiny human may currently be producing enough gas to qualify as a small weather system. 😂

You're not doing anything wrong.

Is this newborn poop normal?

Let's just say it: nobody warns you how much time you'll spend thinking about poop once you have a baby. 😂
And newborn poop can look...well...WEIRD.
The good news? A lot of what you see in that diaper is completely normal.

💩 What should I expect?

In the very beginning, your baby's first poop is called meconium. It's thick, sticky, and usually black or very dark green. Over the next few days, it changes as your baby starts taking in breast milk or formula.
If you're breastfeeding, poop usually becomes yellow, loose, and sometimes a little "seedy" looking.
If your baby is formula-fed, poop is usually more yellow, tan, or brown and tends to be thicker.
Green poop can be normal, too. 💚
And don't be surprised if your baby's poop changes from day to day. Newborn digestive systems are still figuring things out!

💩 What about how OFTEN they poop?

There's a huge range of normal.
Some newborns poop several times a day. Others may go a day or more between poops. Some breastfed babies may even go several days between poops and still be perfectly normal..
The number of dirty diapers matters less than the overall picture—how your baby is feeding, acting, peeing, and growing.

🚩 When should I check in?

Call your baby's pediatrician if you see:

- Red or bloody poop
- White, pale, or clay-colored poop
- Black poop after the first few days of life, once meconium has passed
- Very watery poop that is a sudden change from your baby's usual
- Hard, dry poop
- Poop changes along with poor feeding, vomiting, fever, or your baby seeming unwell

And remember: if you open a diaper and think, "WHAT ON EARTH IS THAT?"...
You're officially a parent. 😂💜
When in doubt, take a picture of the diaper and show it to your baby's pediatrician. Seriously. They have seen it all.

💤 Why won't my baby sleep unless I'm holding them?

You put your baby down.
You hold your breath.
You slowly back away like you're defusing a bomb...
...and two minutes later: WAAAAHHH. 😂
If your baby seems to sleep beautifully in your arms but wakes the second you put them down, you're not imagining it—and you're definitely not the only parent dealing with this.
Newborns are used to being warm, snug, and constantly surrounded by you. Being put down on a flat, still surface can feel very different from being cuddled against a warm, moving human.

💜 Is this normal?
Very often, yes.
Newborns wake frequently and don't yet have a mature sleep pattern. They also have a strong need for closeness and reassurance.
Wanting to be held doesn't mean you've "spoiled" your baby or created a bad habit.
You're not doing anything wrong.

What can help?
Try:

- Making sure your baby is fed, burped, and comfortable before putting them down
- Giving them a few minutes of calm cuddling before the transfer
- Using a consistent, simple sleep routine
- Putting your baby down on their back when they're ready for sleep
- Keeping the room calm and quiet during nighttime wake-ups

And yes—sometimes your baby may simply want YOU. 💜

One important safety reminder:
Even if your baby sleeps wonderfully in your arms, the safest place for sleep is on their back, on a firm, flat sleep surface with no pillows, blankets, bumpers, or other loose items.
If you're feeling exhausted, put your baby down in their safe sleep space before you fall asleep while holding them.
You don't have to feel guilty for needing sleep, either.
You're a human, not a newborn nap mattress. 😂

💜 When should I check in?
Talk with your baby's pediatrician if your baby is having significant difficulty sleeping along with poor feeding, difficulty breathing, unusual sleepiness, or anything else that concerns you.
Otherwise, remember: newborn sleep is often messy, unpredictable, and very different from what you pictured. Youire not failing. You have a newborn.

Why does my baby wake up every time I put them down?

You finally get your baby sleepy.
You carefully lower them into the bassinet...
...and their eyes POP OPEN. 😳
How do they know?!
If this feels like a nightly game of “put the baby down and hope for the best,” you're definitely not alone. 😂

💜 **Why does this happen?**
Newborns don't sleep like adults. Their sleep is made up of periods of lighter and deeper sleep, and they spend a lot of time in active sleep.They also love being close to you. Your warmth, movement, smell, and heartbeat are very different from a quiet bassinet.
So when you put your baby down, they may notice the change and wake right back up.
It doesn't mean you've created a bad habit.
It doesn't mean your baby is “spoiled.”
And it definitely doesn't mean you're doing something wrong.

What can help?
You can try:

- Waiting until your baby seems comfortably sleepy before putting them down
- Keeping nighttime lights low and things calm and boring
- Using the same little routine each time you put your baby down
- Giving your baby a moment to settle if they're just making little noises or movements
- Making sure they're fed, burped, and comfortable before the transfer

And sometimes?
You do everything “right” and your baby still wakes up.
Welcome to newborn life. 😂

💜 **One important safety reminder**
When your baby is ready to sleep, place them on their back on a firm, flat sleep surface with only a fitted sheet.
No pillows, loose blankets, stuffed animals, or positioners.
If your baby falls asleep while you're holding them and you're getting sleepy, move them to their own safe sleep space before you fall asleep.
You are allowed to be tired. Your baby is allowed to need you. And neither of those things means you're doing anything wrong. 💜

Why is my baby awake all night?

If your baby seems to think nighttime is the perfect time to eat, stare at the ceiling, and contemplate the meaning of life...welcome to newbornhood. 😂
Newborns don't have a mature day-and-night rhythm yet.
Their sleep happens in short stretches, and they need to wake often to eat. Their internal body clock is still developing, so it can take some time for their sleep to become more predictable.

💜 **Can I help my baby learn day from night?**
Absolutely—but think gentle nudges, not a strict schedule.
During the day:

- Let in some natural light
- Talk, cuddle, and interact with your baby during awake periods
- Don't feel like the whole house needs to be completely silent for naps

At night:

- Keep the lights dim
- Keep feedings and diaper changes calm and boring
- Use a soft voice
- After feeding and changing, help your baby settle back to sleep

The goal isn't to make your newborn sleep through the night.
They're not supposed to yet. 💜
You're simply helping their little body start to notice that daytime is for being awake and nighttime is for sleeping.
And remember: newborns may sleep a LOT overall—often around 16–17 hours in a day—but they may only sleep for an hour or two at a time.
So if you're thinking, "How can my baby possibly sleep this much and STILL be awake all night?!"
Excellent question. 😂
Welcome to newborn math.

💜 **When should I check in?**
Talk with your baby's pediatrician if your baby is unusually difficult to wake, isn't waking to feed, isn't feeding well, or seems much sleepier than usual.
Otherwise, give it time.
Your baby's days and nights usually become more organized as their body clock matures.
For now, keep things calm, keep things safe, and remember that this upside-down schedule is a phase—not your forever.

Why does my baby startle so much?

If your baby suddenly throws their arms out, stiffens up, or looks like they just heard something absolutely terrifying...
Don't panic. You probably just witnessed the newborn startle reflex. 😂

💜 What's going on?
Newborns have a normal reflex called the Moro reflex. It's basically their body's automatic "WHOA!" response.
It can happen when your baby hears a sudden noise, feels like they're falling, or even when they move their arms or legs unexpectedly.
You may see your baby's arms suddenly fly out, their fingers spread, and then their arms come back in toward their body.
Sometimes they'll even cry afterward.
It can look dramatic.
It usually isn't.

💜 How long does it last?
The startle reflex is especially noticeable during the first few weeks and usually starts to fade by around 2 months.
You may notice it during sleep, too—which can be especially fun when you just spent 20 minutes getting your baby settled. 😂
If you're swaddling, make sure you're following safe-swaddling guidelines and always place your baby on their back to sleep.
And remember: once your baby shows signs of trying to roll, it's time to stop swaddling.

🚩 When should I check in?
Talk with your baby's pediatrician if:

- The movements consistently happen on only one side of your baby's body
- One arm or leg seems noticeably different from the other
- Your baby seems unusually stiff or floppy
- The movements look repetitive or rhythmic rather than like a quick startle
- You simply aren't sure what you're seeing

If you can, take a short video of the movement to show your baby's pediatrician. That can be really helpful.
Most of the time, though, that dramatic little "WHOA!" is simply your baby's nervous system doing exactly what it's supposed to do. 💜

Why is my baby suddenly so fussy?

Everything seemed fine…
And then suddenly your sweet baby is VERY unhappy about something.
But what?!
Newborns can have fussy periods for absolutely no obvious reason. Sometimes they're hungry, tired, uncomfortable, overstimulated, or just having a rough little day.
And sometimes…you've checked everything and they're still crying.

💜 **First, check the basics**
Try asking yourself:

- Could my baby be hungry?
- Do they need a clean diaper?
- Are they too warm or too cold?
- Do they need to burp?
- Have they been awake too long?
- Could they be overstimulated?
- Do they just need to be held?

Sometimes a little rocking, cuddling, singing, swaying, or simply changing the environment is enough to help.
And sometimes nothing seems to work.
That doesn't mean you're doing something wrong.
You cannot spoil a newborn by picking them up, comforting them, or giving them attention. 💜

What if I can't get my baby to stop crying?
Take a breath.
If you've tried to soothe your baby and you're feeling overwhelmed, it's okay to put your baby down in a safe place and take a few minutes for yourself.
Ask your partner, family member, or friend for help if you can.
A crying baby can be incredibly hard to listen to when you're exhausted. Taking a break does NOT make you a bad parent.

🚩 **When should I call the pediatrician?**
Call your baby's pediatrician if:

- Your baby's crying seems unusual or sounds like a cry of pain
- Your baby cannot be consoled and the crying continues for more than 2 hours.
- Your baby isn't feeding well
- Your baby is vomiting
- Your baby has a fever
- Your baby seems unusually sleepy, weak, or unwell
- You simply feel like something isn't right

And one very important reminder:
If you feel frustrated or angry, put your baby somewhere safe and step away for a few minutes.
Never shake a baby.
Ever.
It's okay to ask for help. Really. 💜
Most newborn fussy phases get better with time. You're getting to know your baby, and your baby is getting to know this very strange new world.
You're both learning.

Why does my baby's skin look so weird?!

Newborn skin has a LOT going on.
It can peel, flake, get blotchy, turn red, develop tiny bumps, and generally make you wonder, “Is my baby supposed to look like that?” 😂
The short answer is: often, yes!

💜 Why is my baby's skin peeling?
Peeling skin is very common during the first days and weeks after birth. It usually goes away on its own and doesn't need special treatment.
Try not to pick or peel the flaky skin. Just keep your baby's skin clean and be gentle with it.

💜 What about those little bumps and rashes?
Newborns can develop all kinds of harmless little skin surprises.
You may see:
• Tiny white bumps on the nose or cheeks
• Small red bumps or blotches
• A rash that comes and goes
• Blotchy-looking skin, especially when your baby is cool
Many of these are simply part of being a newborn and disappear on their own.
You don't need to panic every time a new spot appears.
And you definitely don't need to start buying every baby lotion, cream, and miracle product on the internet. 😂

🚩 When should I check in?
Call your baby's pediatrician if your baby's skin:
• Has blisters or fluid-filled bumps
• Develops spreading redness, pus, or sores
• Has purple or blood-colored spots that weren't there at birth — call your baby's pediatrician promptly.
• Looks infected
• Is accompanied by a fever or your baby seems unwell
And if you're just not sure what you're looking at?
Take a picture and ask your baby's pediatrician.
Because newborn skin can be REALLY weird.
Sometimes the answer is simply:
“Yep. That's a newborn.” 💜

Why does my baby's head look funny?

If your baby's head looked a little...well...unexpected when they were born, don't panic. Newborn heads can be pointy, cone-shaped, a little lopsided, or have some swelling after birth.
And yes—this can look VERY strange. 😂

💜 Why does this happen?
Your baby's skull is made up of several soft bones that can shift and overlap during birth. This gives the head some flexibility while your baby makes their grand entrance into the world.
The good news?
A baby's head shape often becomes more rounded during the first days and weeks. You may also notice a soft spot on the top of your baby's head called a fontanelle. And it's completely normal. It's covered by a tough membrane, so you can gently touch your baby's head without worrying that you're going to hurt them.

💜 What about a flat spot?
Because babies spend lots of time on their backs—which is exactly how they should sleep—the back or side of the head can sometimes become a little flat.
You can help by giving your baby plenty of supervised tummy time while they're awake and changing which direction they face when you put them down to sleep.
Always keep your baby on their back for sleep.
And skip those "head-shaping" pillows. They're not safe for sleep.

🚩 When should I check in?
Mention your baby's head shape to their pediatrician if:

- The shape seems very unusual or doesn't seem to be improving
- One side of the head is becoming noticeably flatter than the other
- Your baby always turns their head to the same side
- You notice swelling that concerns you
- The soft spot looks swollen or bulging

And remember:
Your newborn does NOT need to look like a perfectly round little baby straight out of a catalog.
They just spent nine months in a very cramped apartment. 😂💜

Why does my baby look cross-eyed sometimes?

Newborn eyes can be a little...all over the place. 😂
You may notice your baby's eyes crossing, drifting outward, or seeming like they're looking in completely different directions.

💜 Is that normal?
Often, yes.
Newborns are still learning how to use both eyes together, so their eyes may occasionally wander or cross during the first couple of months.
Their vision is still developing, too. They can see best when your face is close—about 8 to 12 inches away.
So if your baby sometimes looks a little cross-eyed while staring at you from three inches away...
They're probably just figuring out how those little eyeballs work. 😂

🚩 When should I check in?
If one eye is consistently turned in or out, if the eyes seem to be moving or shaking constantly, or if you're concerned about how your baby sees, mention it to your baby's pediatrician.
If your baby's eyes are still regularly crossing or drifting after about 4 months, mention it to your baby's pediatrician.
And remember: you don't need to diagnose anything from the changing table. If you're wondering, take a picture or video and show your pediatrician. 💜

What's going on with my baby's umbilical cord?

Your baby's umbilical cord stump is basically a tiny souvenir from pregnancy...
...and for something so small, it can look REALLY weird while it's healing. 😂

💜 What should I expect?
The cord stump usually dries out, shrivels, and changes color before it falls off on its own. It may start out yellowish or greenish and become brown, gray, or almost black as it dries. You may also notice a tiny bit of blood when it separates. A small amount can be normal.

The most important thing?
Keep it clean and dry, and let it fall off on its own.
Don't pull it off—even if it's hanging on by what looks like one tiny thread. 😂
Until it falls off, fold the top of the diaper down so it doesn't rub against the stump.

💜 What about a little ooze?
A small amount of clear or slightly blood-tinged drainage can happen as the cord separates or as the area heals.But pus, a bad smell, or redness spreading onto the skin around the belly button isn't something to ignore.

🚩 When should I call the pediatrician?
Check in if:

- The skin around the cord becomes increasingly red or swollen
- You see pus or drainage that smells bad
- Your baby has a fever
- The area seems very tender
- Bleeding doesn't stop with gentle pressure
- The cord stump hasn't fallen off after about 3 weeks

And if you're staring at that dried-up little stump thinking,
"Am I seriously supposed to just LET THAT FALL OFF?"
Yep. 😂
It looks weird. It usually dries up, falls off, and eventually becomes one of those tiny newborn things you completely forget you ever worried about.
💜 You're doing just fine.

When should I call the pediatrician?

There are a LOT of things newborns do that look weird, sound weird, or make you wonder if something is wrong.
Most of the time, they're just being newborns.
But there are some things you shouldn't ignore.

💜 **Call your baby's pediatrician if:**

- Your baby isn't feeding well or suddenly isn't feeding like usual
- Your baby is much harder to wake than usual
- Your baby has noticeably fewer wet diapers
- Your baby is vomiting repeatedly or has green (bile-colored) vomit
- Your baby has a temperature of 100.4°F (38°C) or higher if they're under 3 months old
- Your baby seems unusually weak, floppy, or very sick
- You're seeing something that worries you or feels very different from your baby's usual behavior

🚨 **Get emergency help right away if:**

- Your baby is struggling to breathe
- Your baby's lips, tongue, or face look blue or gray
- Your baby can't be woken up or is not responding normally
- You think your baby is having a seizure

And here's something I really want you to remember:
You don't have to know exactly what's wrong before you call.
You don't need to Google your way through it.
You don't need to wait until you're 100% sure.
If something doesn't seem right, call your baby's pediatrician and tell them what you're seeing.

💜 You know your baby best.
And sometimes the answer really is:
“Yep! That's normal.”
And sometimes it's:
“Good thing you called.”
Either way, asking is never a bad thing.

You don’t have to figure it out alone.

If you've made it this far, you've probably realized something:
Newborns are weird. 😂
They grunt.
They hiccup.
They spit up.
They make strange faces.
They sleep at completely unreasonable times.
And they have a remarkable ability to make you question literally everything.

But you don't have to know all the answers.
You just need someone you trust to say,
“Yep, that's normal.”
Or...
“Hmm, let's have the pediatrician take a look at that.”

💜 And that's where I come in.
I'm Rachel, the mama behind Nurturing Mama Services.
I provide postpartum doula and newborn care support for families who could use a little more rest, reassurance, and help during those early weeks and months.
Sometimes that means caring for your baby while you sleep.
Sometimes it means helping you figure out newborn life at 3 a.m.
Sometimes it means folding the laundry, making sure you've eaten something besides the crusts from your toddler's sandwich, or simply reminding you that you're doing better than you think you are.
You don't have to do it all.
And you definitely don't have to do it perfectly.

💜 If you could use a little extra support, I'd love to talk.
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