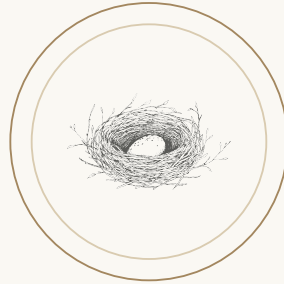


TINY BUT MIGHTY PEDIATRICS

Newborn Confidence Check



— o —

How Ready Do You Feel for Baby?

a five-minute pause, before baby arrives

— o —

You do not need to know everything before your baby arrives. But knowing where you feel steady, and where you still want support, can make those first days feel less overwhelming.

This is not a test. There are no perfect scores and no judgment. Answer honestly, then use your results to choose the next few things worth learning before baby comes home.

A FREE GUIDE · KEEP & REVISIT ANYTIME



PART ONE

Feeding, Sleep & Safety

Start with the basics: how baby eats, and where baby sleeps.

1 I know how I will tell whether my newborn is **getting enough milk**.

☐ Ready

☐ Getting there

☐ Not sure yet

2 I know where to get **feeding support** if breastfeeding, pumping or formula feeding does not go as planned.

☐ Ready

☐ Getting there

☐ Not sure yet

3 I can describe a **safe sleep space** for a newborn, and which popular products or practices to avoid.

☐ Ready

☐ Getting there

☐ Not sure yet



PART ONE, CONTINUED

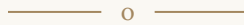
Feeding, Sleep & Safety

4 I know the everyday **safety basics** I want anyone caring for my baby to follow.

☐ Ready

☐ Getting there

☐ Not sure yet



Next, notice how prepared you feel for the harder, more uncertain moments.



PART TWO

Health & Calming

- 1 I know the temperature in a baby under 3 months that means I should **seek medical care** straight away.

☐ Ready ☐ Getting there ☐ Not sure yet
- 2 I feel able to notice common newborn changes versus **signs that need a call** to the pediatrician.

☐ Ready ☐ Getting there ☐ Not sure yet
- 3 I have a **safe plan** for what I will do if my baby keeps crying and I feel overwhelmed.

☐ Ready ☐ Getting there ☐ Not sure yet



PART TWO, CONTINUED

Health & Calming

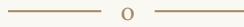
4

I know what newborn care may look like in **real life**, not just the picture-perfect version online.

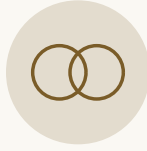
☐ Ready

☐ Getting there

☐ Not sure yet



Finally, look at the people and plans that will hold you up in the early days.



PART THREE

Your Support Plan

1 I have chosen, or know how I will choose, **my baby's pediatrician**.

☐ Ready

☐ Getting there

☐ Not sure yet

2 I know who I can ask for **practical and emotional support** after baby arrives.

☐ Ready

☐ Getting there

☐ Not sure yet

————— 0 —————

Next, consider how you and your support person will move through this season together.



PART FOUR

Preparing Each Other

Consider how you, and the person supporting you, will move through this season together.

- 1 My support person and I have talked about what we each **expect from one another** once baby arrives, both logistically and emotionally.

☐ Ready

☐ Getting there

☐ Not sure yet

- 2 We have a plan for how we will **divide nighttime care**, so no one is running on empty alone.

☐ Ready

☐ Getting there

☐ Not sure yet

- 3 We have talked honestly about how baby will **affect our finances**, from childcare and time off work to everyday costs, and we have a plan we both feel okay about.

☐ Ready

☐ Getting there

☐ Not sure yet



PART FOUR, CONTINUED

Preparing Each Other

- 4 I know the signs of **postpartum depression and anxiety** in myself and in my support person, and what to do if either of us notices them.

☐ Ready

☐ Getting there

☐ Not sure yet

- 5 We have talked about whether we want **extra support in place** after baby, such as a therapist, a postpartum doula, or a support group, rather than waiting to see if we need it.

☐ Ready

☐ Getting there

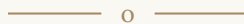
☐ Not sure yet

- 6 I know that it is normal for a relationship to **feel strained** in the newborn months, and we have at least one small way we plan to stay connected during that time.

☐ Ready

☐ Getting there

☐ Not sure yet



Turn the page to see what your answers mean.

YOUR RESULTS

What Your Answers Mean

READY



GETTING THERE



NOT SURE YET



Mostly Ready

You have built a strong foundation. Keep your trusted resources and support contacts easy to find, so you never have to hold every answer in your head at 2am.

Mostly Getting There

You are closer than you think. Circle the three statements that matter most to you and focus on those first. A clear plan beats trying to learn everything at once.

Several "Not Sure Yet" Answers

This is useful information, not a bad result. Most expectant parents have gaps, and identifying yours now means you can get calm, evidence-based answers before you are tired and caring for a newborn.

WORTH REMEMBERING

Three Things Every Expectant Parent Should Know

01

Fever or Low Temperature in a Young Baby Needs Prompt Attention

For a baby under 2 months, a rectal temperature of **100.4°F (38°C) or higher**, or **below 97°F (36.1°C)**, needs an immediate evaluation from your pediatrician or medical care. A **rectal thermometer** gives the most accurate reading for a newborn. Ask your own pediatrician in advance exactly whom to call and where to go.

02

Safe Sleep Starts with a Simple Space

Place your baby **on their back**, on a firm, flat sleep surface, with no pillows, loose blankets, bumpers, toys or positioners in the sleep space. Room sharing is different from bed sharing.

03

You Need a Support Plan, Not a Perfect Plan

Feeding and newborn life do not always follow the script. Decide now whom you will call for pediatric, feeding and emotional support. **Asking for help** is part of caring well for your baby.

FINAL PREPARATIONS

Your Before-Baby Action Plan

Take a moment to check in with your final preparations.

- ☐ Save your pediatrician's number in both parents' phones.

- ☐ Choose a rectal thermometer and learn how to use it correctly.

- ☐ Check that baby's sleep space follows current safe sleep guidance.

- ☐ Write down your feeding goals, and who you will contact for support.

- ☐ Choose two people you can ask for practical help.

A NOTE FROM DR. ROBERTS

You Don't Need a Perfect Plan. You Need a Clear One

You do not need to memorize every recommendation or have all the answers before your baby arrives. My hope is that you feel informed enough to make decisions, prepared enough to know where to turn, and confident enough to trust yourself while still asking for help when you need it.

*Your baby does not need a perfect parent.
They need you, and the right support around you.*

With warm wishes,

Dr. Christy Roberts

FOUNDER, TINY BUT MIGHTY PEDIATRICS

Board-Certified Pediatrician, IBCLC & mother of two darlings

TINY BUT MIGHTY • CONFIDENCE CHECK

NEXT STEPS

Ready for a Little More Support?

The Tiny But Mighty Newborn Program walks you through feeding, sleep, safety and calming, live, in a small group of ten families.

SEE UPCOMING PROGRAM DATES

Small group. Maximum 10 families.

This guide is for general education only and does not replace personalized medical advice. Contact your baby's healthcare professional with questions or concerns. Seek urgent medical help when needed.