

Curriculum Overview

Section 1 - What Your Newborn Is Telling You

Understand how your newborn communicates, so you can respond to his or her needs without second-guessing.

MODULE 1:1 - GETTING TO KNOW YOUR NEWBORN

Child development experts have found that newborns cycle through six “states of mind” throughout the day: quiet alert, active alert, drowsy, quiet sleep, active sleep, and crying. In this module, you’ll learn how to recognize and respond to each state.

MODULE 1:2 - DECODING YOUR NEWBORN’S CRIES

Listening to your newborn cry can be hard on you. But crying is simply the way babies communicate with the people who love them! In this module, you’ll discover and learn how to recognize the five different types of cries your newborn will use: hunger, pain or discomfort, overtired, bored, and sick.

MODULE 1:3 - RESPONDING TO YOUR NEWBORN’S CRIES

Understanding what your baby is communicating and knowing how to respond to those needs are two different things. This lesson will definitely help with that! Plus, you’ll learn about three especially tough types of crying and how to manage them: witching hour, purple crying, and colic.

Section 2 - Newborn Sleep

Know how to set yourself up for long-term sleep success, so your whole family can be well-rested.

MODULE 2:1 - WHAT NEWBORN SLEEP LOOKS LIKE

In this lesson, you'll find out what you can realistically expect in terms of sleep for the first several weeks of your baby's life.

MODULE 2:2 - ESTABLISHING HEALTHY SLEEP HABITS

While it's true you won't be getting much uninterrupted, peaceful sleep with a newborn around, that stage doesn't have to last forever! In this lesson, you'll learn how to establish healthy sleep habits from the get-go. By the end of this module, you'll know what sleep cues you can look for, how many naps your baby should take (and how long they should be), how to teach your baby the difference between night and day, and more.

MODULE 2:3 - SLEEP SAFETY

One of parents' biggest fears is sudden infant death syndrome (SIDS). In this lesson, you'll unpack the American Academy of Pediatrics' (AAP) guidelines for safe sleep. Combine knowledge with know-how and you get peace of mind.

Section 3 - Newborn Feeding

Learn the when, how, and how much of feeding, so you can be certain your baby's getting enough to eat.

MODULE 3:1 - RECOGNIZING HUNGER CUES

So far you've learned about crying and sleeping. Now it's time to turn our attention to your baby's other favorite activity: Eating! Let's start by understanding how newborns tell us they're hungry, how often they tend to eat, and how you can tell they're getting enough.

MODULE 3:2 - HOW BREASTMILK IS PRODUCED

If you plan to breastfeed, you'll feel more confident when you understand the behind-the-scenes: what role hormones play, supply and demand, and the different types of milk you'll produce.

MODULE 3:3 - HOW TO BREASTFEED

It's normal to feel nervous about nursing. It's a new skill and, like any new skill, it can feel awkward, frustrating, and even a little defeating... until you get the hang of it. In this lesson, you'll learn the five different breastfeeding positions, how to position your baby and breast properly, how to get a proper latch, and how to tell if your baby is actually extracting milk.

MODULE 3:4 - BREASTFEEDING CHALLENGES

Breastfeeding may be natural, but it doesn't always come naturally. In this lesson, you'll get prepared for the most common breastfeeding challenges, including engorgement, sore nipples, and more.

MODULE 3:5 - PUMPING AND MILK STORAGE

If you plan to exclusively nurse, you might be tempted to skip right over this lesson. But you may discover you'd like to pump after all—if only

occasionally—and this lesson will set you up for success. You’ll learn about when to pump, how to make pumping easier, and how to safely store your milk for later use.

MODULE 3:6 - BOTTLE FEEDING

If I’m bottle feeding, does it matter what kind of bottle I use? How much should my newborn be drinking? What type of formula should I use? What in the world is “paced” bottle feeding? In this lesson, you’ll learn answers to all of these questions and many more.

Section 4 - Newborn Care Basics

Get head-to-toe guidance on caring for your baby’s physical needs, so you can stop worrying about doing it “wrong.”

MODULE 4:1 - YOUR BABY’S APPEARANCE

Babies often come out looking a bit ... different... from what we expect. From pointy heads to crossed eyes to birthmarks and more, this lesson will help prepare you for common—and temporary— “surprises” you might encounter when you first meet your newborn. You’ll also learn about seven reflexes babies have that help them survive in their new environment.

MODULE 4:2 - BABY CARE BASICS

Now it’s time to answer all of your pressing questions about newborn tasks like diapering, dressing, bathing, burping, and lots more. This lesson’s about 15 minutes long and covers everything you need to know.

Section 5 - Your Newborn's Health and Development

Understand what to expect from your baby's development, so you know what's normal and when to call the pediatrician.

MODULE 5:1 - DEVELOPMENTAL MILESTONES

One of the most remarkable things about newborns is how quickly they change! It'll be some time before they're saying "dada" and waving bye-bye, but even during the first few weeks, your baby will make huge developmental leaps. In this module, we'll talk about milestones related to large motor skills, communication, and social-emotional development. And if you have burning questions about tummy time and baby "containers," this lesson has your answers!

MODULE 5:2 - KEEPING YOUR NEWBORN HEALTHY AND SAFE

When you've never been in charge of a tiny human before, it's hard to know what's "normal" and what might warrant a call to the doctor. This lesson will help you feel more certain about what's worrisome and what you can wait out. Let's talk about fevers, stuffy noses, rashes, reflux, and more!