
My Notes about Life with My New Baby

Think about writing about your life with a new baby on this page. Or you can ask someone to write down information for you.

You will likely have lots of questions about the changes in your life. Here are a few examples of common questions new parents ask:

- *How can I help my baby sleep?*
- *When does my baby get immunizations?*
- *When is a good time to think about having another baby?*

Questions I want to ask:

People I can go to for help and support:
