

Mayo Clinic's Medical Edge

Bringing Baby Home

1:00

Log

Audio

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| Intro with music | GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE. |
| | IT'S BEEN A LONG NINE MONTHS, BUT YOU'RE FINALLY READY TO LEAVE THE HOSPITAL WITH YOUR NEW BABY. THEN IT HITS...AM I READY FOR THIS? WHAT SHOULD I EXPECT? |
| Mary Murry, Certified Nurse Midwife | "THE FIRST NIGHT IS USUALLY THE SCARIEST BECAUSE THE BABY DOESN'T SPEAK ENGLISH, AND YOU STILL DON'T SPEAK BABY. SO YOU'RE STILL TRYING TO UNDERSTAND WHAT IT ALL MEANS." |
| | NEW PARENT FEARS ARE COMMON, BUT IT GENERALLY |

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| | <p>DOESN'T TAKE LONG TO FIGURE THINGS OUT. MARY MURRY IS A CERTIFIED NURSE MIDWIFE AT MAYO CLINIC. SHE SAYS TO EXPECT TO BE TIRED. YOUR BODY HAS GONE THROUGH A LOT, PLUS IT SEEMS LIKE YOUR BABY WANTS TO BE FED ALL THE TIME.</p> |
| | <p>“THE BABY IS EATING ANYWHERE FROM AN HOUR AND-A-HALF TO THREE HOURS APART, SO THAT YOU’RE GETTING SUCH BROKEN SLEEP THAT FATIGUE BECOMES THE BIGGEST FACTOR.”</p> |
| | <p>SO DON'T BE AFRAID TO ASK FOR HELP. PARENTING IS A BIG JOB, AND HAVING A FRIEND OR FAMILY MEMBER HELP YOU OUT CAN MAKE A HUGE DIFFERENCE.</p> |
| | <p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p> |

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