

Nighttime with a Newborn

Kara is sitting on her queen-size bed with a blue-paisley comforter. She is wearing a purple t-shirt and holding her daughter, Riley, who is wearing a yellow onesie and sucking on a pink pacifier. They are both on the right side of the screen. The left side of the bed has her baby equipment; a yellow boppy, a pink diaper caddy, and a grey and white striped basket. To the viewer's right is a white bottle warmer on the bedside table to the viewer's right. Next to the nightstand is a baby's crib/co-sleeper.

Kara is speaking: Hi, I'm Kara and this is Riley, and she is seven weeks old. (Kara is holding Riley's hand while she sits in her lap and playing with it). And I wanted to share a few tips that I've found to make naptime with a newborn a little bit easier. (Kara helps Riley with her pacifier). So, my husband and I both use wheelchairs and while we can transfer pretty easily, it's easier if we have everything around here at night here or around the bed because she's pretty urgent at night like most newborns are. So, our first tip is we like the co-sleeper, it's by Arm's Reach, and so it can connect to the bed or roll up right next to it. And you can adjust the height here to make it as even as possible and it also has different pockets around. So I stick an extra sleeper in the back in case she messes hers up or barclaws or things like that, so there's also pockets to make it easy. So Riley can sleep over there safely but she's really close to me so I don't have to get out of bed to go get her. The second kind of gadget that we find that makes it easier (Kara points to the bottle warmer) is the bottle warmer, which is back here on the nightstand. So it has a cooler in the back so you can keep two (Kara makes the number 2 with her hands) bottles cool with some icepacks and we've adjusted the ice packs that we use, the ones that came with it don't fit the bottle type that we have. So you can kind of get creative with that and then you can just pop the bottle into the steamer and warm it up and so she can have her bottle quicker and also without having to get out of bed so I can kind of comfort her while the bottle is warming up. And then the last tip (Kara motions to her right, to the diaper caddy) would be to have some type of diaper caddy fully stocked and ready to go here in bed so I keep it at the end of the bed. I like this one, which is actually not a diaper caddy; it's a toolbox by Craftsman. So it just has lots of pockets and it's sturdier so it doesn't kind of get knocked off her anything and so I just keep diapers, wipes, anything you might need, barclaws and lotion. Just anything. And then this is another variety that we have that we keep in other parts of the house that's just lighter and a little bit easier to move around. And last kind of along with having everything that you might need (Kara grabs the yellow boppy from behind her) is I do try to keep the boppy. Either the boppy in the bed too or hooked to the cosleeper or something just as another option to position her while I might be getting some of these things ready. So that's what we found that helps us to have everything that we might need kind of in one central location in our nighttime, nighttime parties with Riley. And we would love to hear your tips for how you find ways to make it work so you can share your tips on our Facebook page to Disabled Parenting Project or our website. Thanks for watching.