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There's nothing like getting involved in the first six weeks of a baby's life to understand the huge impact that this short time period has on both the entire family and a child's entire life. Parents tend to be nervous, siblings are needy, and new babies need immediate and constant attention.

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About Cherish the First Six Weeks. From baby nurse to the stars, a step-by-step plan to managing sleep and feeding issues to survive—and enjoy—the first six weeks of your newborn baby's life. Have you ever wondered why celebrities look so rested in such a short time after giving birth? The answer: baby specialists like Helen Moon.

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A note on sleep patterns and cycles Within the first 6 weeks after birth, babies typically take a nap between their 2 or 3 hourly feeds. For the first three weeks of a baby's life, they are relying on maternal melatonin to help them prepare for sleep and their drive to sleep (homeostatic) is strong.

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