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Add post Report alltalknobaby 31/05/2017 21:55 In the evening I would feed DD then dash upstairs to bed. DP would feed me and go to sleep in the back bedroom. I'd have DD in bed with me for the rest of the night, sleeping when I could (rarely as she cluster fed constantly). DP would set an alarm for 7 hours after he went to sleep and he'd then get up, make me breakfast and take DD when he could so I could get some sleep again. It settled down after 2 weeks when I realised she wasn't getting any milk from me and we started supplementing with formula. Congratulations on your new baby! It does get easier! Quote Add post Report Notlostjustexploring 31/05/2017 21:58 Just spent as much time, anytime day or night, resting and sleeping. We ended up with me mostly taking the brunt of the nights, I'd get up, feed and resettle, and if a nappy needed changing I'd give husband a (figurative) kick. When he went back to work, I did the lot, except at weekends when he would do nappies. This worked for us because - I can fall asleep within seconds, husband can take hours, so I coped with the broken sleep better. - If I was too tired in the middle of the night, he'd get up, no arguments or whinging. - He did (and still does) whatever he could to ensure I could maximise my sleep, so I slept in til midday while he was off. I get first dibs on sleeping in at the weekend and he has sprog for an hour before work to give me an hour's uninterrupted sleep (baby not a great sleeper) Just so you know you are not alone - I think it was our first night home from hospital (failed induction, csection, lack of sleep on post natal ward, so completely shattered to begin with), I remember having to put him back into his crib while he was crying, because my husband and I were too exhausted to hold him, while I lay on the bed, patting him through the bars, crying myself, while apologising to him that mummy was too tired to hold him safely, before I promptly passed out with exhaustion. It gets better. And they're cute. Quote Add post Report Chosenbyyou 31/05/2017 22:03 Hilt's tough at the start! There is no right or wrong on the split of duties - just what works for you and your relationship. I think it's worth having a good chat over it so as there is no resentment over one person getting an easy ride cuz when sustained sleep dep kicks in it can cause issues in a relationship imo. For us - I do all night stuff and sleep in spare room with 8 week old. It works for us and DH does all the 'practical' stuff for the home and of course works. I would discuss it with your DH and be prepared to alter if plan A doesn't work - we found it unworkable to both be up all night so we have split it! The first two weeks though are literally fire fighting! X Quote Add post Report Fitzsimmons 31/05/2017 22:07 I was breastfeeding in the early days but with both of mine when I reached the point of no return my husband gave her bottle so I could sleep. During the nightime DH would do nappy changes then hand over to me to feed. He would then sleep and I'd try and get the baby settled. My first was a sleep resister so if no joy after an hour so DH would take him so I could get some rest. Basically we took turns. The first two weeks were rough but after that it did get easier. It sounds like you are both up at the same time. In the nicest possible way, you need to knock that on the head. DH often wanted to be up (in sympathy) with me but eventually realised it was more beneficial to me for him to rest whilst I fed so he could take the baby after. Can you get help from family / friends with shopping, house chores etc so you don't have that worry as well? Don't be afraid to ask for help, most people will be more than willing, unless you have my MIL. If your baby has spent some time in hospital then they could still have a skewed view of what is day and night, so you might have to teach him. Use dimmed lights at night and be really boring, quiet. During the day try and feed him downstairs, be chatty, interesting etc. I had to do this with both of mine and it helped a lot. I hope you get some rest soon. Honestly it does get easier Quote Add post Report Mysterycat23 31/05/2017 22:16 Do you have a spare bed or sofa for sleeping on OP? After the first few nights we tag teamed sleeping separately between our bedroom and the spare room. DH would wake me when DS needed a feed. I was following a 3h rule meaning I wanted to feed DS a minimum every 3h. It was usually more frequent than that of course! We had a timer for us both to keep track. (Pocket nanny) About 4 weeks in I got an electric pump and over 2 or 3 sessions in the day got enough for DH to do an evening feed. So my boobs leaked everywhere due to missing a feed but I got a block of 4-6h sleep. It saved me. Congratulations Quote Add post Report DermotLogical 31/05/2017 22:17 I agree with everyone else who says split it. You shouldn't both be awake together if possible. I would feed til 9ish, husband had him til 12 while I slept. Did a feed at 12, then he was mine til 6 so husband got a few hours before work. Then we swapped at 6 and I slept 6-8. It does get better, at 4 months he sleeps 7-7 with 3 wake ups. Quote Add post Report ASneakingInTheShrubbery 31/05/2017 22:57 We were in hospital for the first two weeks, so by the time I came out I was well established with expressing. Once we were home, I slept on the sofa bed downstairs with DD in her Moses basket, so DH was in a fit state to work. He did night feeds at the weekend with the milk I'd frozen during the week, so I only woke up to express when my boobs were about to explode. I couldn't see any point in us both being awake in the middle of the night. Quote Add post Report sunnyfields25 02/06/2017 13:41 Thanks all for your advice and suggestions. Based on what's been said I've concluded we're definitely doing it wrong by both being up together the whole night, as it means we're both frazzled. The past two nights we've tried a different approach where DH changes nappy while I get set up for feeding, then I feed while DH sleeps, then I sleep while he gets DS settled and back to bed. This seems to work a bit better, although there's still a decent amount of crying and upset involved as we're having issues with breastfeeding. DS has just been diagnosed with tongue tie (resulting in latching problems and lots of nipple pain) and in addition he cries and flails around for 15 mins before I can get him to feed. So what should be a straightforward night time feed can take much longer than it should. And then it's time to do it all over again! I'm just hoping that if we can get the tongue tie fixed then breastfeeding will improve, and all 3 of us can get more sleep. Quote Add post Report New posts on this thread. Refresh page Active My feed I'm on I started I'm watching Saved Last hour Advanced search Please create an account To comment on this thread you need to create a Mumsnet account. Active Watching Add post I'm on Search Play today's Sudoku Play today's Guessword Play today's Crossword Play today's Numberfit Play today's Codeword

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