

# Baby Behavior



## Nutrition Education Contact Cards

# What To Expect When Your Baby is Born



1 Trimester



2 Trimester



3 Trimester



Birth

**2<sup>nd</sup> Trimester Contact**  
after 20 weeks gestation

# What To Expect When Your Baby Is Born

- Waking
- Sleep
- Cues
- Calming

# Why Babies Wake Often

- Normal and Healthy
- Small Stomach Size



Light Sleep



## Deep Sleep

# Hunger Cues

Developed by Women's and Newborn Services  
Royal Brisbane and Women's Hospital



## EARLY CUES - "I'm hungry"



- Stirring



- Mouth opening



- Turning head
- Seeking/rooting

## MID CUES - "I'm really hungry"



- Stretching



- Increasing physical movement



- Hand to mouth

## LATE CUES - "Calm me, then feed me"



- Crying



- Agitated body movements

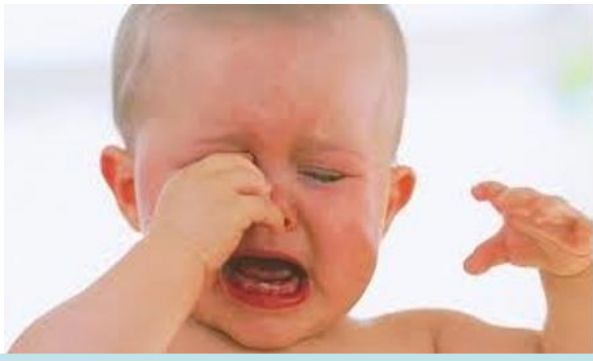


- Colour turning red

## Time to calm crying baby



- Cuddling
- Skin to Skin on chest
- Talking
- Stroking



# Crying







## Key Messages

### What To Expect When Your Baby Is Born

# Normal Newborn Behavior



**3rd Trimester Contact**  
at last education contact before delivery

# Normal Newborn Behavior

- Skin to skin contact
- What to expect on days 1-3
- Baby's stomach size
- Tips

# Day 1



# Skin to Skin Contact



Day 1

Day 2

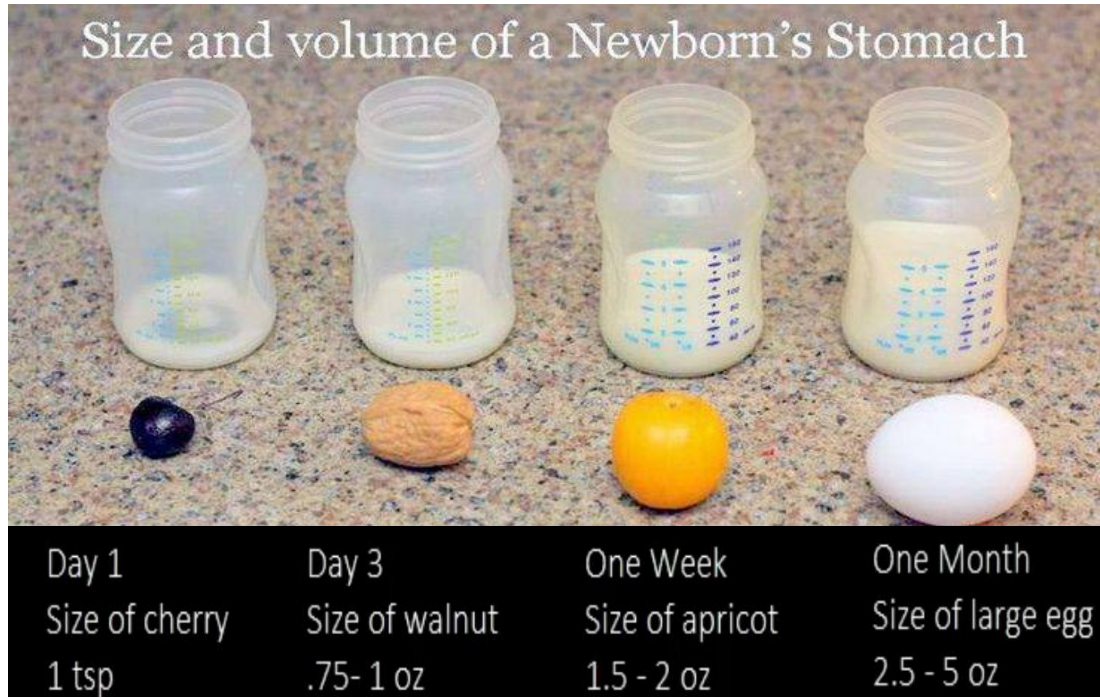


# Colostrum





# Stomach Size



# Tips For the First Few Days



# Discuss Your Birth Plans



# Key Messages



## Normal Newborn Behavior

# Infant Certification Visit



1 Trimester



2 Trimester



3 Trimester

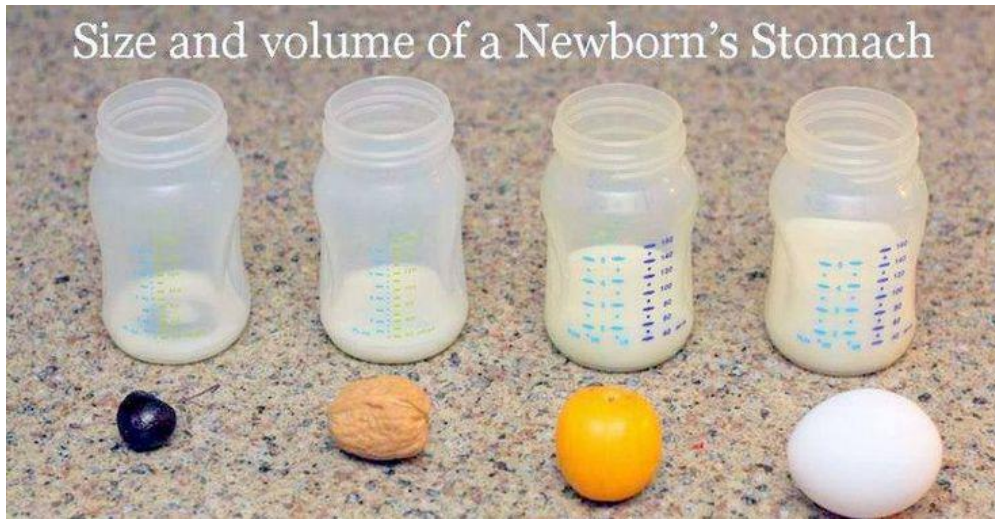


Newborn

# Baby Behavior: Infant Certification Questions

- How do you know when your baby is ready to eat?
- How do you know when your baby is full?
- Does it seem like your baby is crying too much?
- What is the longest stretch of time that your baby sleeps?
- How do you feel that your baby is sleeping?
  - Not enough
  - Too much
  - Just right
  - Not sure

# Newborn Stomach Size



Day 1

Size of cherry

1 tsp

Day 3

Size of walnut

.75- 1 oz

One Week

Size of apricot

1.5 - 2 oz

One Month

Size of large egg

2.5 - 5 oz

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# Baby Behavior Handouts




## Crying

Babies cry for many reasons, not just because they are hungry.


## Healthy Sleep for BABY

Night time waking can be hard for new parents. Knowing what to expect will help you feel more relaxed and confident.




## Understanding Your Baby's Cues


Babies are born with the ability to communicate. They use cues to show parents what they need.




Newborn babies are still learning to control their bodies. Sometimes their cues are hard to understand. Watching your baby will help you learn what she needs.



With practice, your baby will get better at giving cues and you will get better at responding to them.



By responding quickly to your baby's cues, you will learn to communicate with each other. She will develop confidence that her world is safe and secure.



## When Your Baby is Hungry

Newborn babies have to be fed often because their stomachs are very small. Compared to older babies, newborn babies are more likely to be hungry when they cry. Watching and responding to hunger cues can help prevent some crying.



### Hunger Cues

When your baby is hungry he may:

- Keep his hands near his mouth
- Bend his arms and legs
- Make sucking noises
- Pucker his lips
- Search for the nipple (root)



### Fullness Cues

When your baby is full he may:

- Suck slower or stop sucking
- Relax his hands and arms
- Turn away from the nipple
- Push away
- Fall asleep



Distributed by the Douglas/Siskiyou County WIC unit in collaboration with the National WIC Program. This information has been obtained from the California WIC Program, California Department of Health and the WIC State Technical Assistance Center.



## What should I do if my baby needs something to be different?

When your baby gives you cues that she is overwhelmed, give her a break from the world around her:

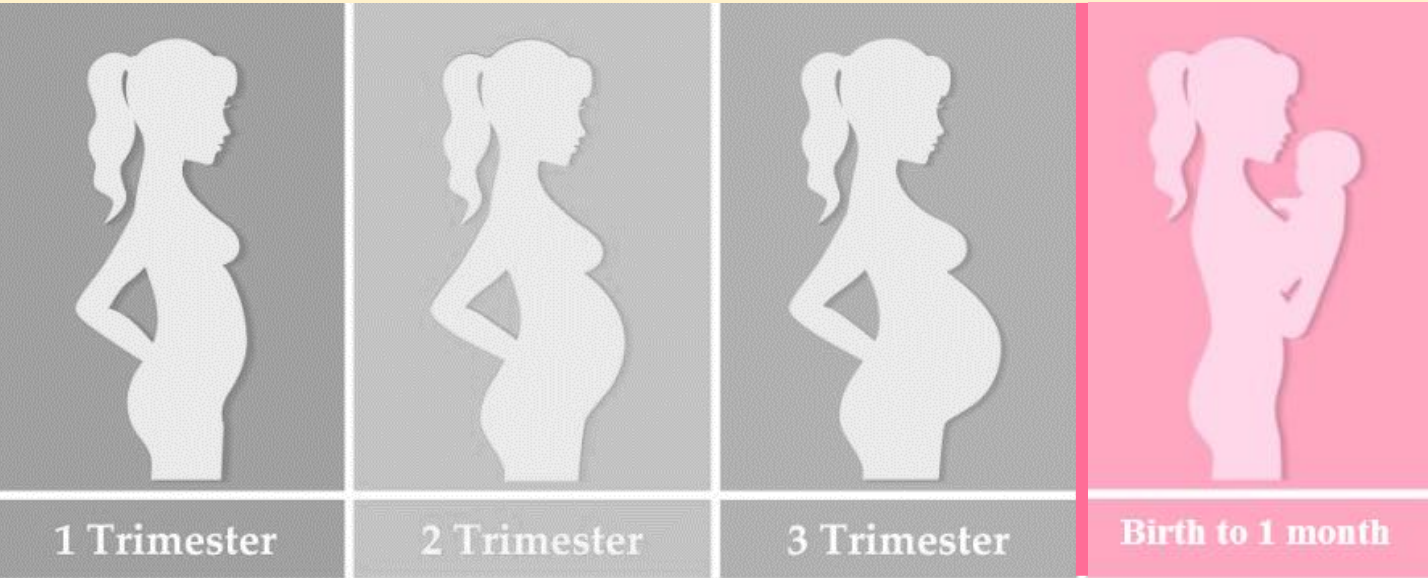
- Turn her away or stop the activity and hold her close to your body.
- Change the environment. People or noises can be very tiring for babies. Move her away from the noise and wait until she is ready to interact again.
- Lay her down for a nap if she is tired. Quiet time is good for both of you!
- Teach siblings about baby cues. Show them how baby lets them know when she needs a break.
- Newborn babies may also be sensitive to what's going on inside their bodies.
- Some babies may be fussy right after feeding.
- Be patient, they may need to burp, pass gas or poop.

## Key Messages

### Infant Certification Visit



# Your Baby Was Born With The Ability To Show You What They Need



**Postnatal Education Contact**  
education contact 1 month following birth

# Your Baby Was Born With The Ability To Show You What They Need

- I want to be near you
- I need something to be different
- Hunger and fullness

# I Want To Be Near You





I Need Something  
To Be Different



# Hunger Cues



## Fullness Cues





# Cues

# Key Messages



**Your Baby Was Born With  
The Ability To Show You  
What They Need**