

What To Expect When Your Baby is Born



2nd Trimester Contact
after 20 weeks gestation

Baby Behavior Guide

- For staff to use with **CARD** option for baby behavior nutrition education contacts.

What To Expect When Your Baby Is Born

- Waking
- Sleep
- Cues
- Calming

My name is _____ and today we will be talking about newborn baby behavior.

Today we will:

- Discuss why your infant needs to wake up often
- Look at the differences between light and deep sleep
- Learn to recognize hunger cues
- Compare ways to calm a crying newborn

Intro Question Options:

- Is this your first pregnancy?
- When you hear someone say "I slept like a baby last night", what do you think they mean?
- What do you think it means to "sleep like a baby"?

Handout Options:

- Healthy Sleep for Baby
- Crying
- Understanding Your Baby's Cues

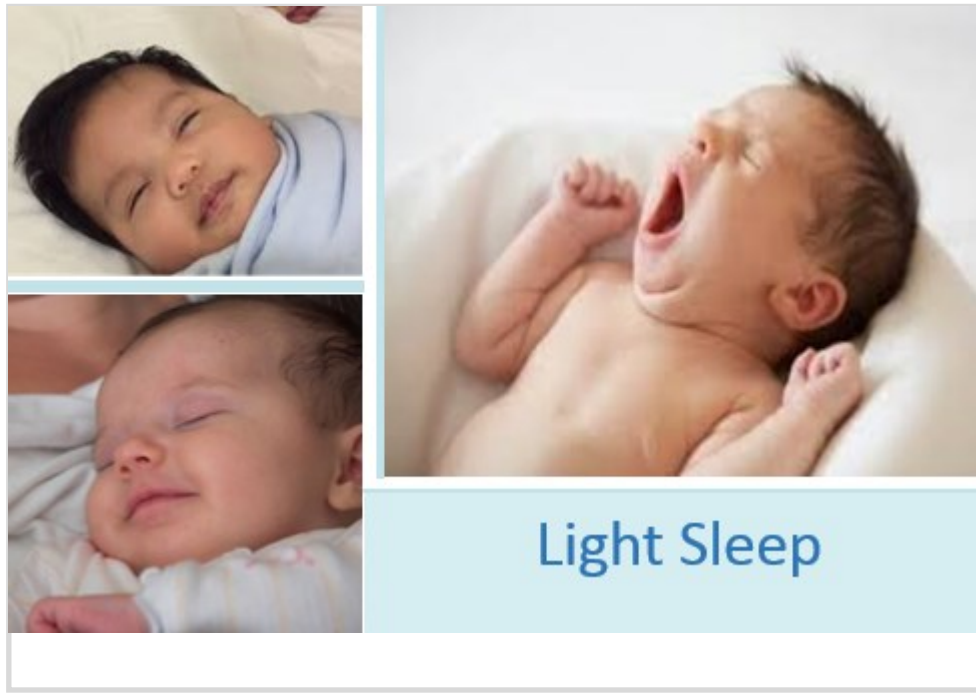
Why Babies Wake Often

- Normal and Healthy
- Small Stomach Size

What do you think are some reasons why a newborn wakes up often?

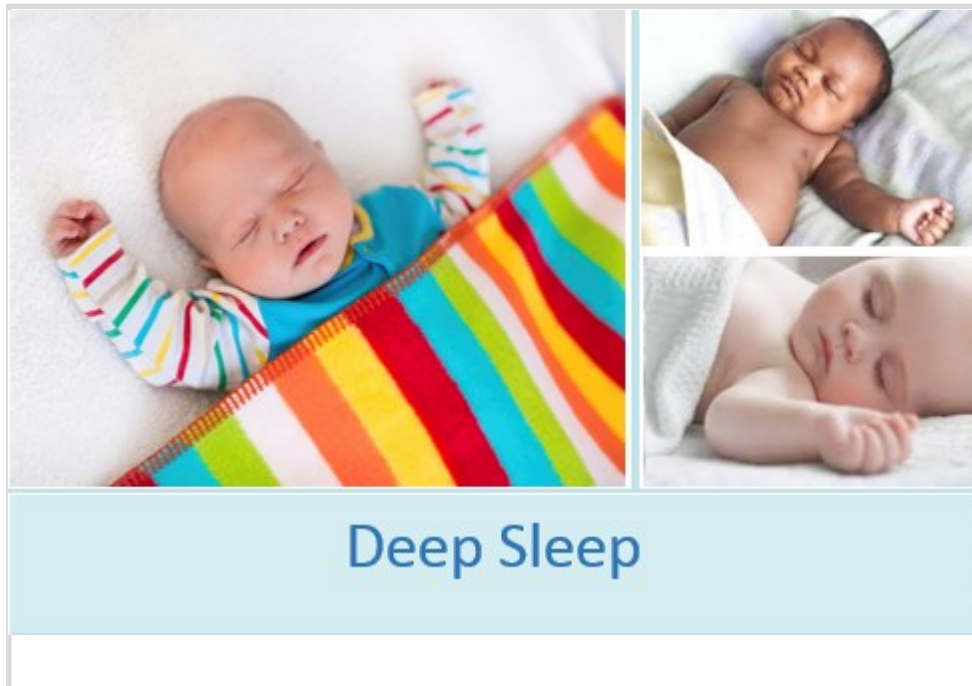
There are many reasons why babies wake often:

- Newborns wake often because of their small stomach size. It is normal for a baby to eat 10-12 times in 24 hours
- Newborns wake at night to be fed, or if they are hot or cold, and to be safe.
- During the first 6 weeks, baby's sleep will be unpredictable and they will wake up many times during the day and night. This is normal and healthy.
- Sleep duration gets longer as your baby gets older
- All babies cycle through light sleep and deep sleep
- Both types of sleep are important for your baby's health



Light Sleep

- These babies in light sleep will move around and make noises, have eye twitches, open and close their eyes quickly, have rapid breathing and lots of eye movements.
- These babies would wake very easily
- In light sleep your baby is dreaming
- Light sleep is important for brain growth and development



Deep Sleep

Compared to the babies in light sleep, what is different about these babies in deep sleep?

- A baby in deep sleep will not move much, have relaxed and floppy arms and legs, have regular and steady breathing, make sucking movements, and may not wake up easily.
- During deep sleep your baby's brain is resting
- Babies in deep sleep are harder to wake up
- Newborn babies fall asleep in light sleep. Some newborns will wake up easily if you lay them down in light sleep. Wait for signs of deep sleep before laying them down.
- Using the "arm drop test" can be an indicator of deep sleep.

What questions do you have about sleeping and waking?

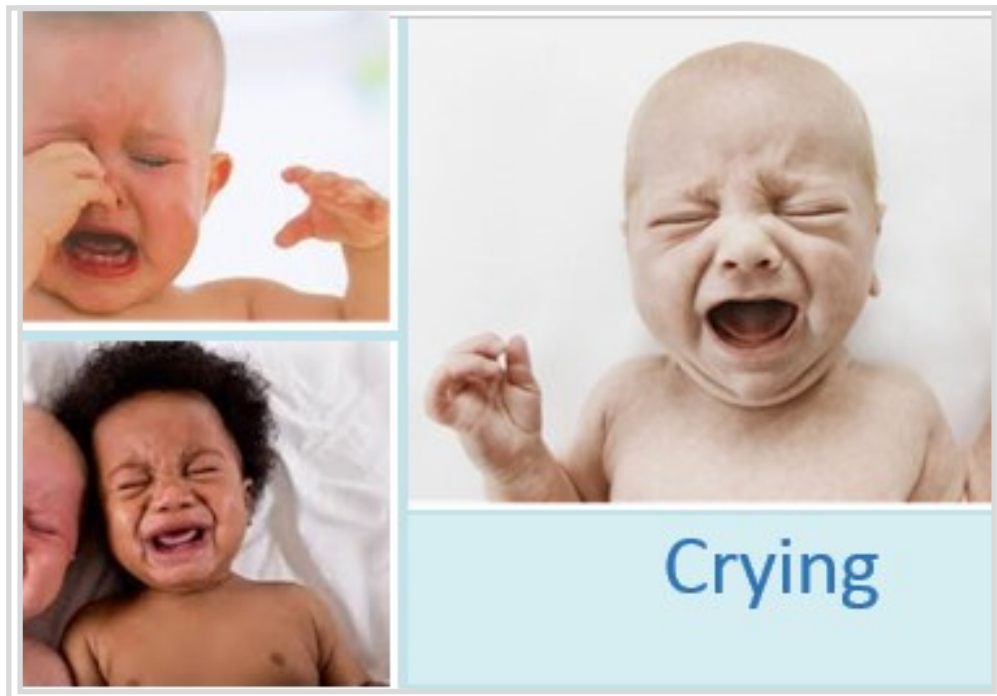
Hunger Cues



Hunger Cues

Another concern that parents have is how to know when their newborn needs to be fed:

- When a baby is hungry, he will give several cues at once
- At the top of the page³, notice early hunger cues are stirring, mouth opening, turning their head and rooting. This is the best time to feed your baby.
- Mid cues are stretching, increasing physical movement (bent arms & legs) and hands near mouth
- If mothers miss these first cues and do not respond, babies will escalate their cues
- Late cues are crying with hunger cues, increased movements and baby becoming upset. This can make feeding difficult.
- Responding to hunger cues early can prevent your baby from becoming too upset
- It is important to calm your baby first before feeding. Calming may include cuddling, skin-to-skin, talking and stroking



Why do babies cry?

Crying is one way that babies communicate with you. Although it is stressful to hear a baby cry, crying is normal.

- Crying babies will have jerky movements, tense muscles, stretched out arms and fingers, but with these babies, there are no signs of hunger.
- When babies show you these cues, they are telling you that something needs to be different.
- Using the right technique to calm a baby can help reduce crying and lessen stress
- Ways to calm a baby include:
 - Holding them close, skin-to-skin
 - Repeating the same action over and over, such as speaking softly or singing, gently rocking, swaying or bouncing, massaging back, arms or legs
- Sometimes babies calm down right away, other times it may take longer
- If your baby continues to cry or becomes more upset after several minutes, try something different.



Having a baby is a very exciting time.


The first 6-8 weeks can be the hardest on parents.

As you get to know your baby, you will recognize what he is trying to tell you and be able to respond to his needs.

As he gets older, things are going to get easier.

What is one thing you want to remember from today's visit?

Key Messages



**What To Expect When
Your Baby Is Born**

2nd Trimester Contact
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Key Messages for Nutrition Education Contact

Sleep Key Messages

- Waking often is normal, healthy and is important to keep your baby safe
- Wait for signs of deep sleep before laying your baby down
- As your baby gets older, they will begin to sleep for longer stretches of time

Huger Key Messages

- Babies will give several cues together to alert caregivers of hunger
- Feeding in response to early hunger cues will lead to a more successful feeding

Crying Key Messages

- If the baby begins to cry, use calming techniques before feeding the baby
- Crying doesn't always mean hunger. Babies cry for many reasons
- Using calming techniques can help reduce crying

Normal Newborn Behavior



3rd Trimester Contact
at last education contact before delivery

Baby Behavior Guide

- For staff to use with **CARD** option for baby behavior nutrition education contacts.

Normal Newborn Behavior

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

My name is _____ and today we will be talking about newborn baby behavior.

Today we will discuss:

- The importance of skin to skin contact after birth
- What to expect on days 1—3
- The baby's stomach size and how it changes as baby gets older
- Tips for keeping the baby calm and getting off to a great start.

Day 1



- The first few days of a newborn's life can be challenging. Knowing what to expect on days 1-3 can help you feel less stressed and more confident.
- Notice that this baby is alert and content.
- On day 1, the baby is alert for the first 2 hours after delivery. This is a great time for skin-to-skin contact.

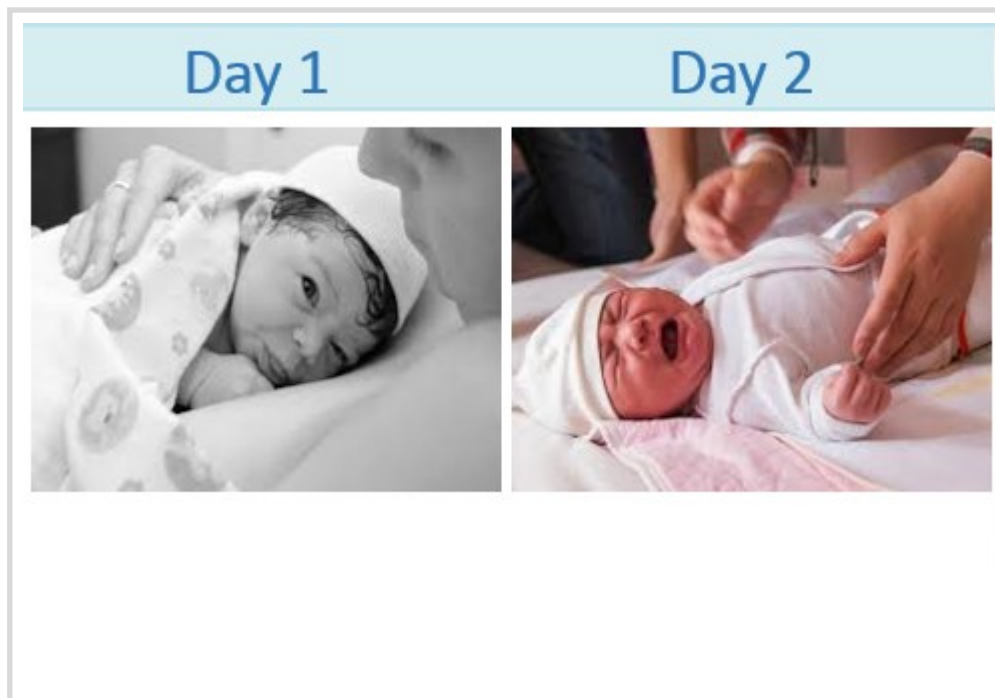
Skin to Skin Contact



What do you know about skin-to-skin contact?

- After delivery, the baby should be placed directly on your chest. This is the perfect place for the baby to transition to life outside the womb.
- When baby is placed skin-to-skin with you after birth, she hears your heart beat, smells your scent, feels your warmth.
- Skin-to-skin stabilizes the baby's body temperature and heart rate, keeps baby calm, helps to hard wire her brain for healthy relationships, and leads to more successful feedings.
- During skin-to-skin with mom, baby goes through 9 instinctive stages that lead to the first feeding, which is usually within 1-2 hours after birth.
- After this time, the baby falls asleep and may find it difficult to stay awake, even for feedings.

*** If mom says that she may need to have a C-section:* The baby can still be placed skin-to-skin with you after birth with the help of the nurse or your support person. If you are separated from your baby, your support person can keep baby skin-to-skin until you are able to.



Notice the difference between the baby on Day 1 and the baby on Day 2

- On day 2, it is normal for the baby to become more alert and want to feed frequently
- The baby may cry more and it may seem constant

Why do you think that the baby would cry more on Day 2?

- Possible reasons for crying include:
 - Missed hunger cues
 - Loud noises, bright lights, cold temperatures
 - Sensitivity to what is going on inside their bodies
 - Being passed around to visitors that come to the hospital

Colostrum



- On days 1-2 your breasts will be soft because you will be making colostrum
- Colostrum is concentrated milk that contains antibodies to protect the baby from viruses and bacteria
- This small amount of colostrum is the perfect amount for your baby's small stomach size
- It is normal for your breasts to feel fuller on days 3-4 when your milk volume increases
- The size of the baby's stomach will also increase and can hold more milk as he gets older

Stomach Size



- Notice on day 1, the baby's stomach is the size of a cherry. Only a teaspoon per feeding is exactly what the baby needs.
- Notice that as the baby gets older, the stomach size increases:
 - Day 3—the size of a walnut
 - One week—size of an apricot
 - One month—size of a large egg
- Feeding the baby with early feeding cues will help make sure that he gets the right amount of milk as his stomach size increases.

Tips For the First Few Days



- Some tips for getting through the first few days:
 - Keep the baby skin-to-skin as much as possible
 - Watch for and feed the baby with early feeding cues
 - Limit visitors
 - Keep the baby with you in the room as much as possible

Discuss Your Birth Plans




- Encourage client to discuss her birth plans with her physician at prenatal visits and with her nurse before delivery.

Possible Questions

- **Do you have any questions?**
- **How might this information help you plan for your hospital stay?**
- **What is one thing you want to remember from today's visit?**

Key Messages



Normal Newborn Behavior

3rd Trimester Contact
last education contact
before delivery

Key Messages for Nutrition Education Contact

- Skin-to-skin contact helps transition the baby to life outside the womb and leads to more successful feeding
- On day one, it is normal for the baby to be sleepy
- On day two, the baby will be more alert, want to feed often and may be fussy
- Feeding the baby with early feeding cues will help the baby to get enough milk as her stomach size increases
- Keeping the baby close to mom (following tips) will help decrease crying and help to get off to a great start

Infant Certification Visit



Baby Behavior Guide

- For staff to use with **CARD** option for baby behavior nutrition education contacts.

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

Possible Response to Questions:

How do you know when your baby is ready to eat?

- Watching for and feeding the baby with early hunger cues will lead to a more successful feeding and ensure that your baby gets enough milk.

How do you know when your baby is full?

- Your baby will give you signs that he is full. He may fall asleep, turn or push away, slow or stop sucking.

Does it seem like your baby is crying too much?

- Crying doesn't always mean hunger. Babies cry for many reasons, and using calming techniques like skin to skin contact can help reduce crying.

What is the longest stretch of time that your baby sleeps?

How do you feel that your baby is sleeping?

- Newborns wake many times during the day and night due to their small stomach size. Waking often is normal, healthy and important for keeping your baby safe.

Newborn Stomach Size



- This picture shows an infants stomach size between day 1, and one month of age.
- Use to help discuss feeding frequency, and reasons that babies wake often.

Hunger Cues

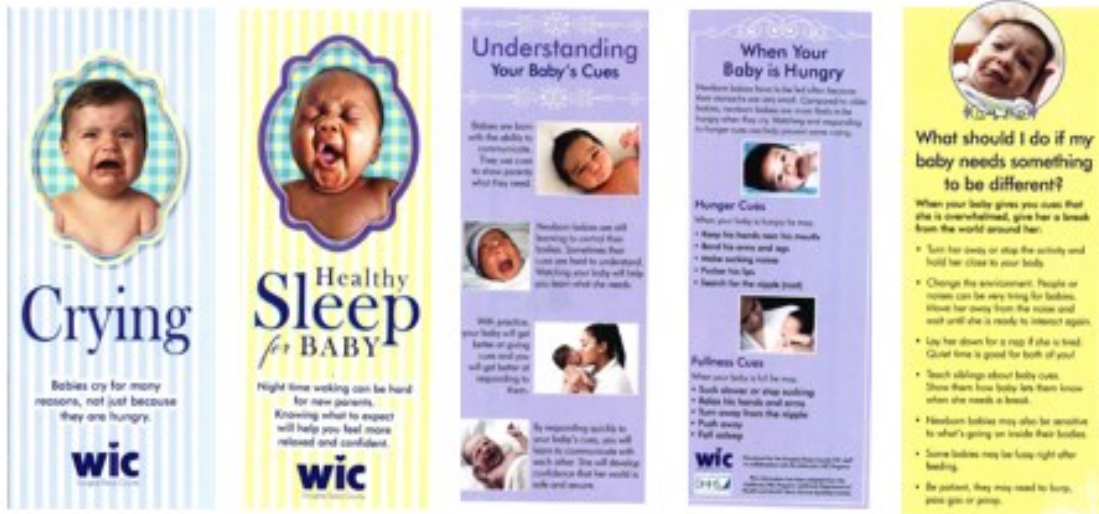


Used to discuss questions regarding hunger and fullness cues, and ways to calm a baby.

Hunger Cues

- When a baby is hungry, he will give several cues at once
- At the top of the page, notice early hunger cues are stirring, mouth opening, turning their head and rooting. This is the best time to feed your baby.
- Mid cues are stretching, increasing physical movement (bent arms & legs) and hands near mouth
- If mothers miss these first cues and do not respond, babies will escalate their cues
- Late cues are crying with hunger cues, increased movements and baby becoming upset
- Responding to hunger cues early can prevent your baby from becoming too upset
- It is important to calm your baby first before feeding. Calming may include cuddling, skin-to-skin, talking and stroking

Baby Behavior Handouts



Remember to use the baby behavior handouts to help facilitate more in-depth discussion related to client concerns.



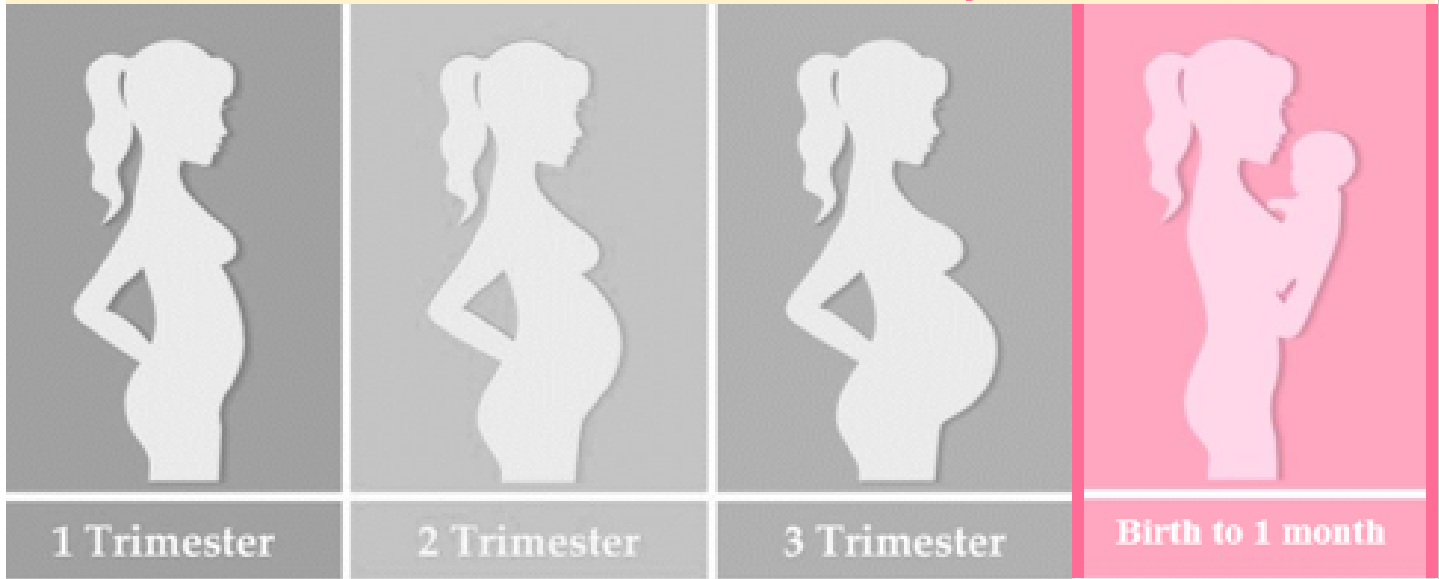
Use the baby behavior infant certification questions to help lead into discussion of:

- Hunger cues, how to tell when baby is full, frequency of feeding, and other newborn feeding concerns.
- Newborn sleeping patterns
- Crying and ways to calm a crying baby

Possible Questions

- **Do you have any questions?**
- **What is one thing you want to remember from today's visit?**

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



Postnatal Education Contact
education contact 1 month following birth

Baby Behavior Guide

- For staff to use with **CARD** option for baby behavior nutrition education contacts.

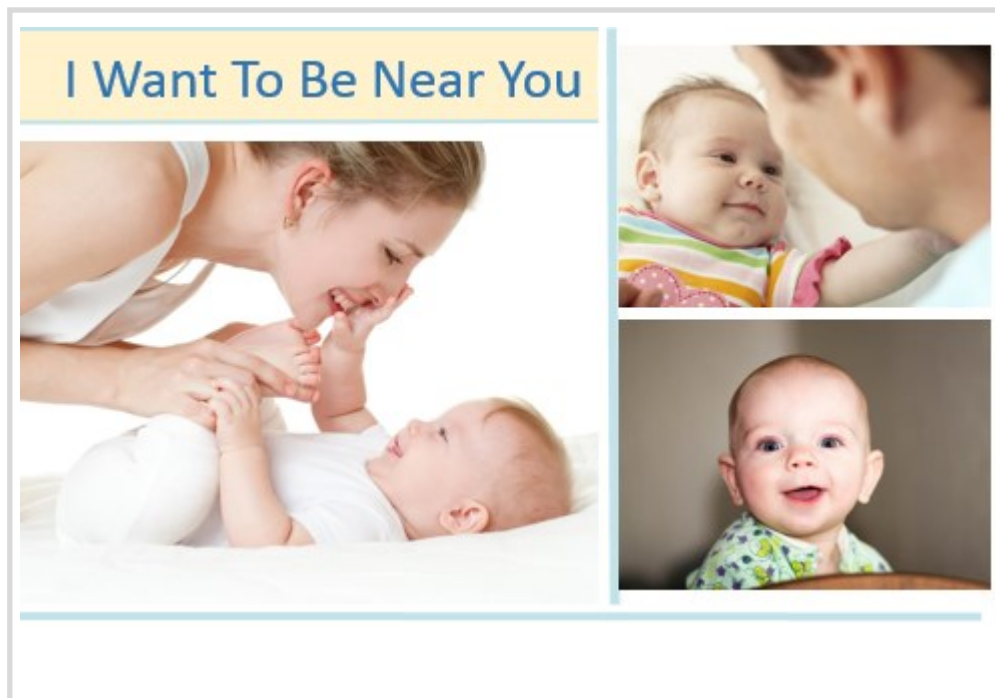
Your Baby Was Born With The Ability To Show You What They Need

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

1 Month Infant Education Contact

Hi my name is _____ and today we will be talking about your baby's cues.

- Babies are born with the ability to show you what they need by using their body and making noises
- These actions are called cues and this is how they communicate with you
- Babies are able to show when they want to be near you, that they need something to be different, and when they are hungry or full



How does your baby show you that he wants to be near you?

These babies are showing their caregivers they want to be near them;

- Notice that they are looking intently at their caregivers face
- Their eyes are wide and bright and they are smiling with a relaxed face
- Babies may also
 - Turn inward or root
 - Blow bubbles
 - Reach out for you or follow the sound of your voice
- When babies are young, they show you they want to be near you by simply opening their eyes or lifting their heads.
- As an infant gets older they can control their movements better and give caregivers better cues of what they need
- When your baby wants to be near you, it is a great time to interact with them
- Remember, these interactions can be tiring for your baby and may not last very long



How does your baby show you that they need something to be different?

When a baby needs something to be different, he may:

- Squirm and kick
 - Push away
 - Have an arched back
 - Turn head away
 - Breathe rapidly
 - Fussing
- In the top picture, notice the baby is frowning and becoming irritable, not addressing these cues early would lead to crying, as shown in the other two pictures.
 - If your baby becomes very upset, it may take longer to calm him down.
 - When your baby gives you cues that he is overwhelmed, give him a break from the world around him.
 - You can hold him close, change his environment, or use repetition to soothe techniques, such as rocking, swaying or bouncing, but remember to be patient.



How does your baby show you that she is hungry?

Newborns are especially good at giving **hunger cues**. They need to be fed often because of their small stomach size

When babies are hungry they will give several cues at once

- In the first picture, this baby is sticking his tongue out and may start to root or turn inward
- The baby in the top picture is sucking on his hands
- When babies are hungry they may also:
 - Put their hands near mouth
 - Flex or bend arms and legs
 - Make sucking noises
 - Pucker or smack lips or root
- Not responding to early cues can lead to crying and may make feedings more difficult.
- It is important to calm your baby first before feeding.



How does your baby show you that she is full?

Fullness cues are sometimes a bit trickier to recognize than hunger cues.

- These babies are full and have relaxed bodies, they may have closed their eyes or fallen asleep
- Full babies may also:
 - Slow/stop sucking
 - Turn away from the nipple
 - Push away
 - Have relaxed arms and hands
- Looking for early signs of fullness can help prevent overfeeding




- Babies are born with the ability to show you what they need.
- The better you get at responding to your baby's cues, the better your baby gets at showing you what they need.

What is one thing that you learned today?

Do you have any questions about cues?

Key Messages



Birth to 1 month

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

Postnatal Education contact
1 month following birth

Key Messages for Nutrition Education Contact

Cues Key Messages

- Your baby communicates with you through cues
- When babies show that they want to be near you, take advantage of this time and interact with them.
- Learning is hard work for babies and they can tire quickly
- Responding to cues quickly may help your baby cry less

Hunger and Fullness Key Messages

- Babies will give several cues together to alert caregivers to hunger
- Feeding in response to early hunger cues will lead to a more successful feeding
- If baby begins to cry, use calming techniques before feeding the baby
- Looking for early signs of fullness can help with overfeeding and spit-up