

“There is no such thing as a baby.”  
-*Dr. Winnicott*



- Zoom – HIPAA compliant
- Group Format - Consent to participate
- Personal questions in a group format
- General advice – not Medical Advice
- Please “Mute” yourself–background noise- Show Video
- “Raise Hand” or wave or use the Chat Box
- Be respectful

- The 4<sup>th</sup> Trimester
- Normal Newborn Behavior & Physiology
- Realistic Expectations
- Crying
- Holding and carrying baby
- Sleep

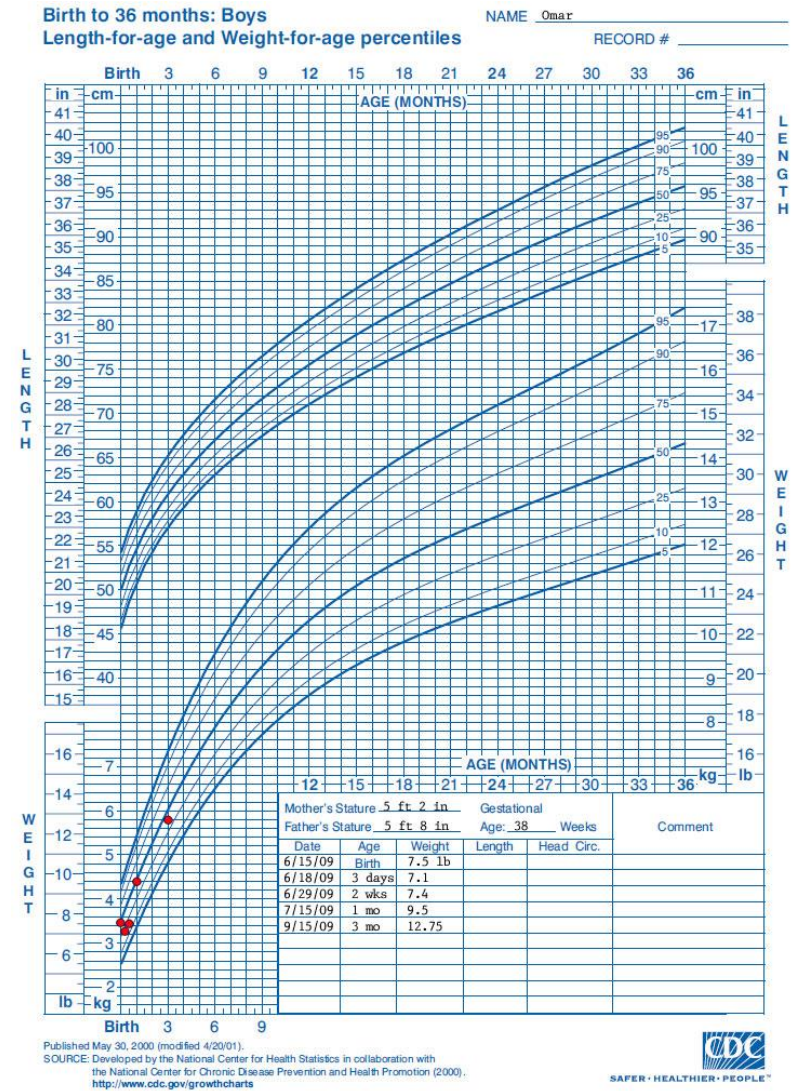
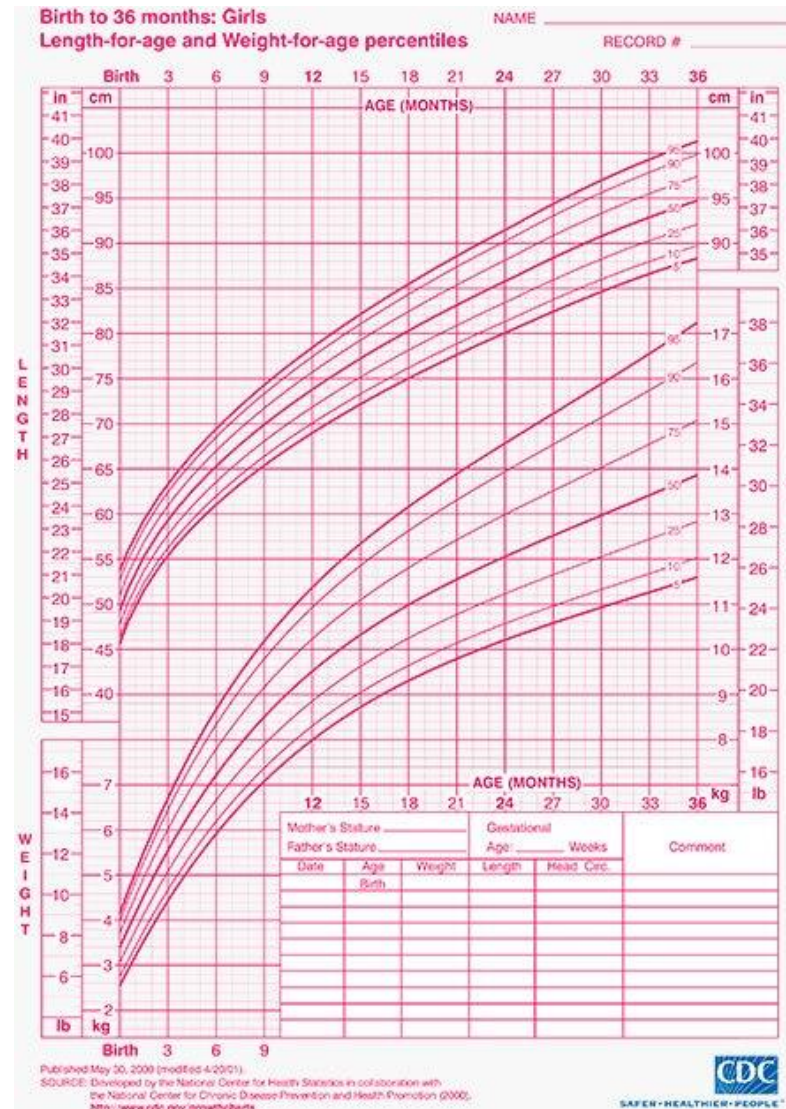




- Born immature
- “The 4<sup>th</sup> Trimester”
- Frequent waking and feeding linked to rapid growth early on
- Parenting behaviors should work with these patterns

# Physiology & Normal Newborn Growth

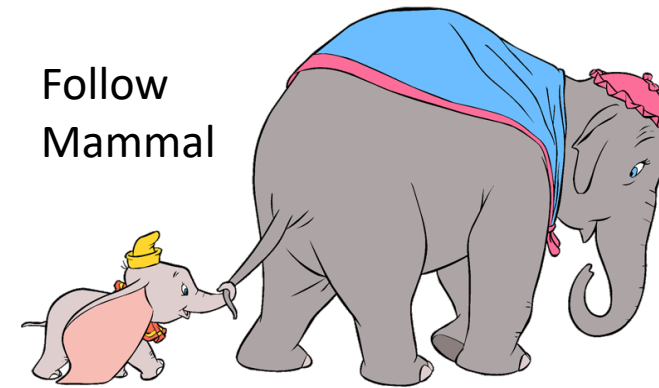
- First few months of life baby has a fast growth trajectory
- Newborns eat often to grow more early on



Our favorite Disney characters help show how different types of mammals feed:



- **Cache mammals are mature at birth.** Mothers tend to them, but mostly hide them away and return every 12 hours.
- **Cache mammals are fed 2x per day.** This behavior is consistent with having milk that is high in protein and high in fat. The milk sustains the baby for long separations



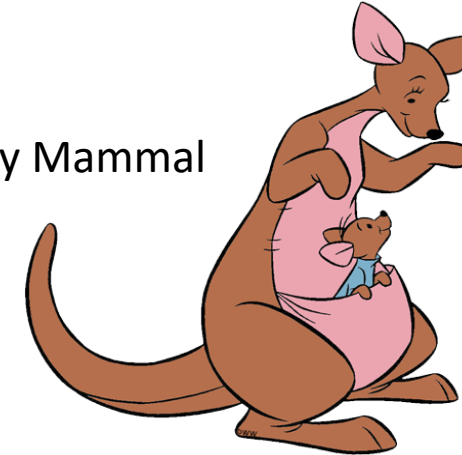
- **Follow mammals are more mature.** Can stand and walk at birth. Stay close and “follow” mothers to feed more frequently
- **Elephants feed 4-6x/day** Their mother’s milk is lower in protein and fat compared to cache mammals.



Nest Mammal

- **Nest mammals are less mature.**  
Often can't see well. Need warmth of litter to stay warm.
- **Nest mammals feed every 2-4 hours.**  
They crawl and latch on. They feed frequently. Mother leaves and returns to feed.

Carry Mammal



- **Carry mammals are very immature**  
Parents carry them all the time. They need warmth of mothers.
- **Carry mammals feed very frequently.**  
Carry animals need very frequent feedings until bodies grow big enough to sustain separation. Milk is very low in fat and protein



- Carry mammals
- Milk has least fat and protein
- Continuously feed



# Realistic Expectations



# Secrets to Baby Behavior

Baby behavior is **DRIVEN** by physical needs

- Wake frequently so they may...
- Feed frequently, so they may...
- Grow and develop.

Babies are **DRIVEN** to learn, socialize, and connect with people around them

- Instinct is crucial for survival
- Can be frustrating when they are unable to do this “job”





## Babies always have a reason for the things they do

- We may not know what the reason is...
- We may not like the reason...
- But there is *always* a reason.

## And we know

- Responsive parenting helps shape behavior



## Some myths...

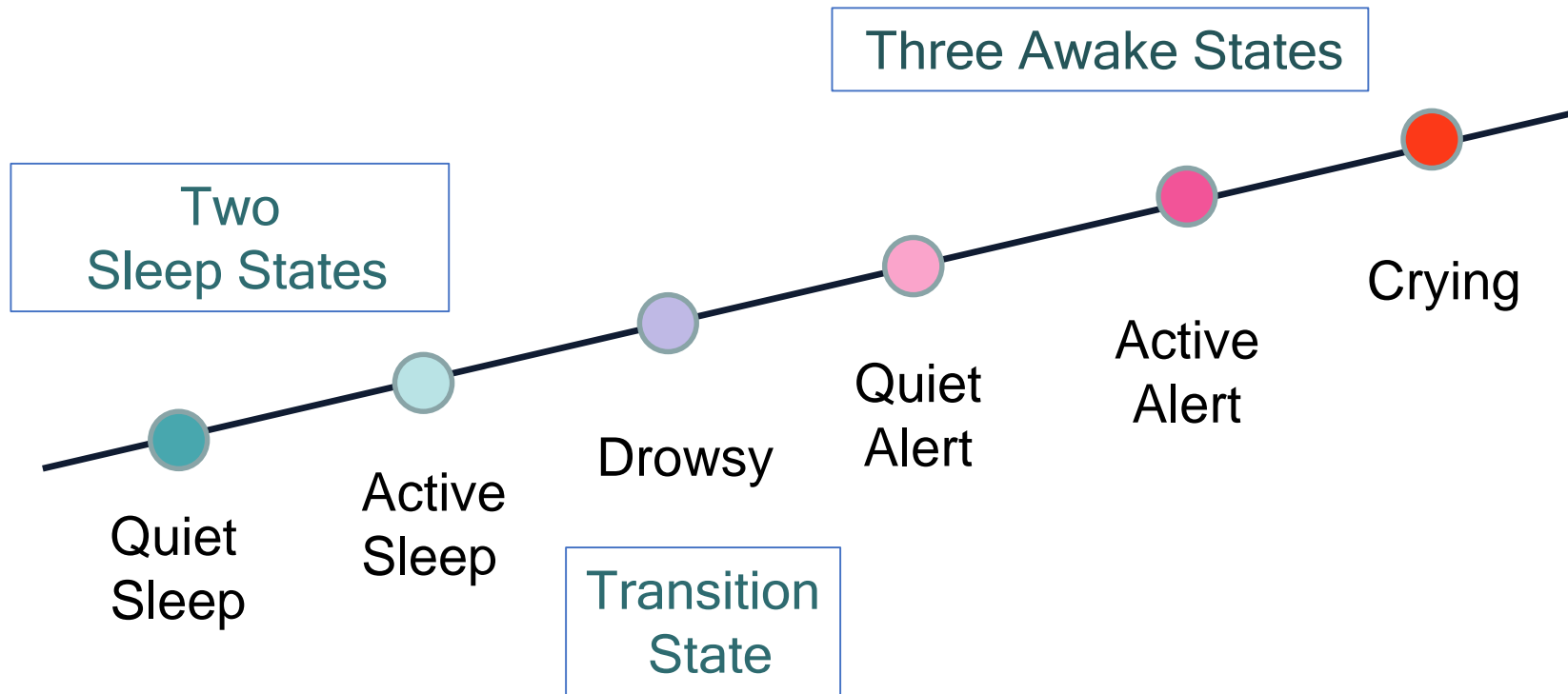
- **Crying** = hunger
- **Waking** = hunger
- **Stay full longer** if overfed

## Unrealistic expectations of a “good baby” as...

- Quiet
- Full – “overfed”
- Sleeps long stretches

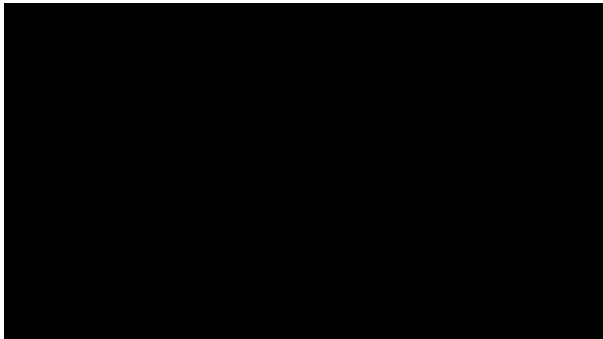
## Realistically...

- Babies must wake frequently to feed and grow



# Baby Reflexes

- Root, suck, swallow
- Startle – Moro
- Fencing & Grasp



Babies use “**cues**” to tell us **WHAT** they need to move from **sleep** to **being awake** to **feeding well**.





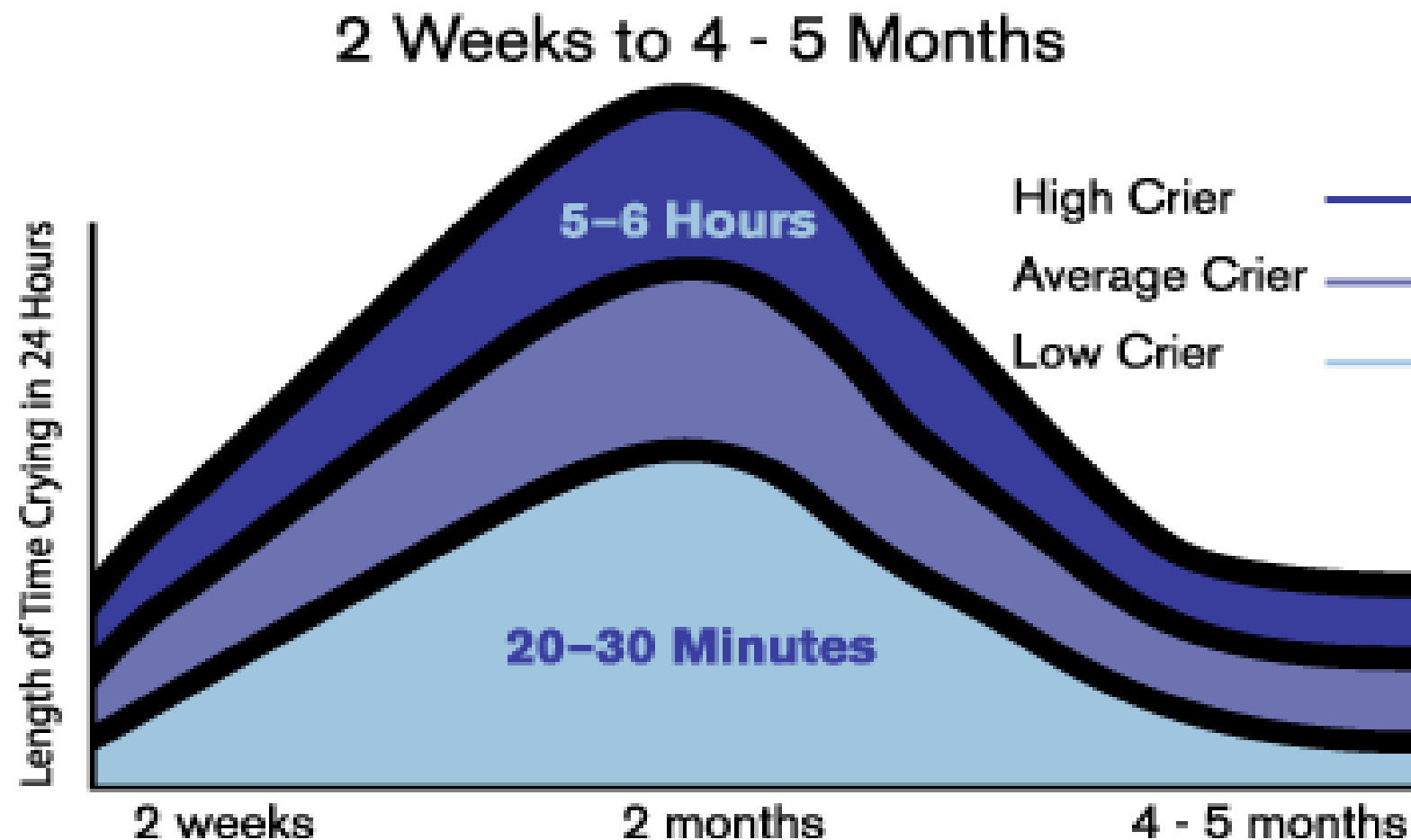


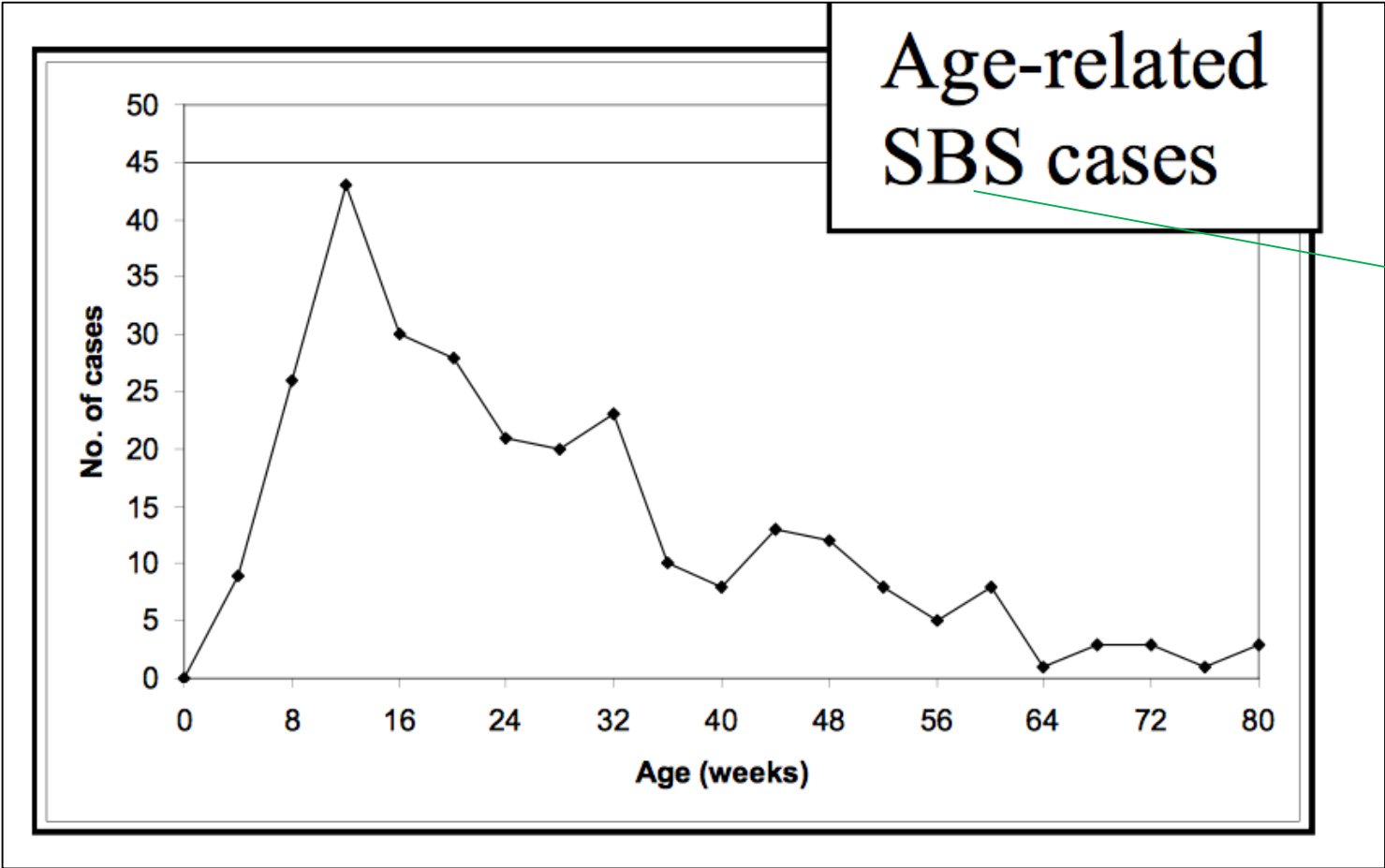
- Your Baby's SUPER power!
  - Sound affects nervous system
  - Crying prompts adult activity
- Needs to be stressful
  - Motivates caregiver
  - Rouses sleeping caregivers
- Important skill





- Birth Cry
- Baby's Second Night
- "The Crying Curve"
  - Starts 2-3 weeks
  - Peaks 8-10 weeks
- At 6 months there are 3 distinct cries
  - Angry
  - In pain
  - Frustration





Shaken Baby Syndrome



- Hunger
- Discomfort/Pain
- Distress
- Fatigue
- Fear
- Overstimulation
- Frustration
- Unfamiliar sensations
- Distractions

- When a caregiver responds within 1.5 minutes of beginning to cry
  - Infants stopped crying almost immediately
- When infants are allowed to cry longer
  - They cry more over time



(Thoman, 1975; Landry, Smith, & Swank, 2006)



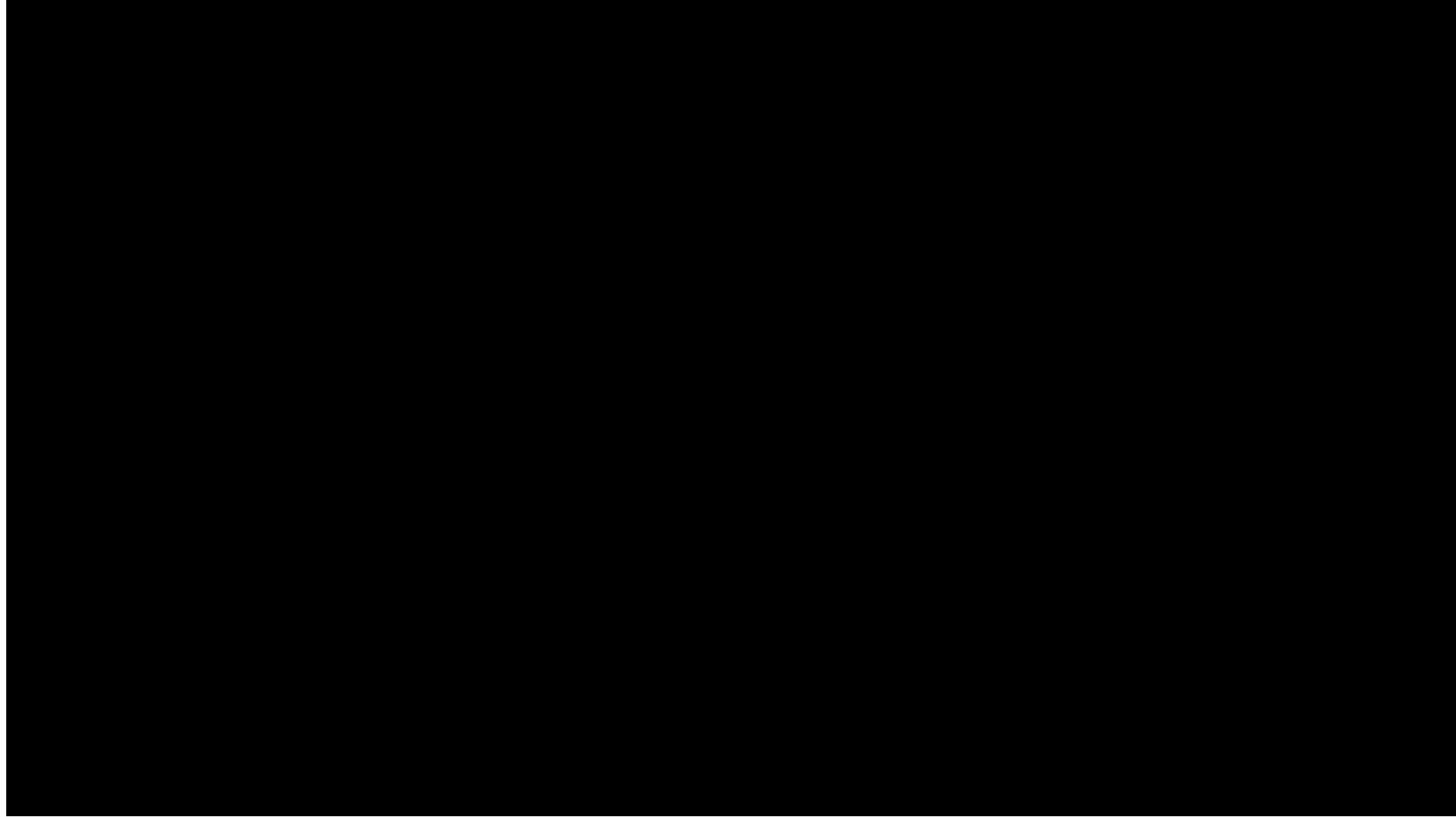
- Recognize cues & respond
- Help self-soothing skills
  - Let babies suck – hands
  - Show your face to baby
- Hold, move, sway, rock
- Soothe, swaddle, settle, stroke
- “Repetition to sooth” – stick with it
- May take longer to calm
  - When very young or very upset



Kelly et al. 2003; Nugent 2007



- Learn about infant crying
- Address cues early
- Learn soothing techniques
- Reduce stimulation *OR* increase repetitive stimulation
- Maintain routines
  - Keep stimulation and rest times similar throughout the day
- Get support and know when to take a break



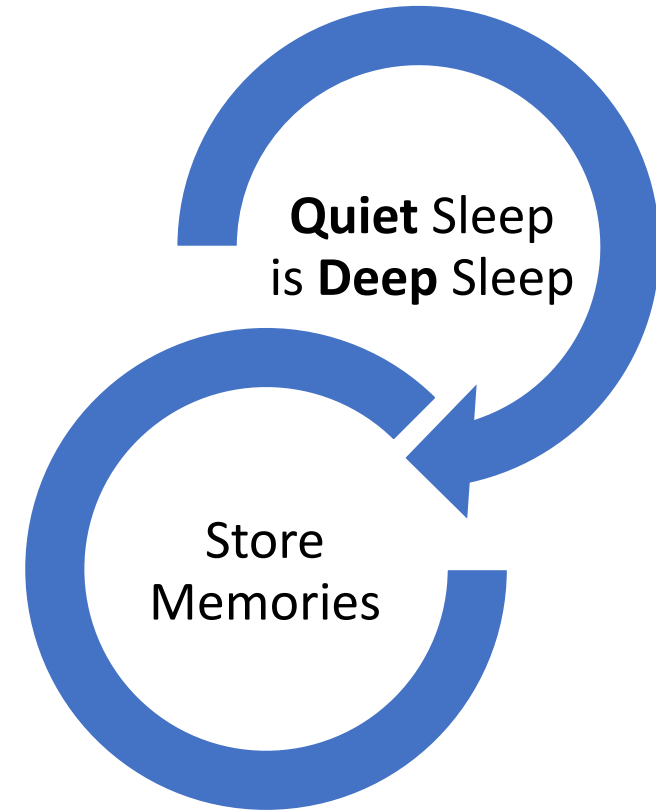
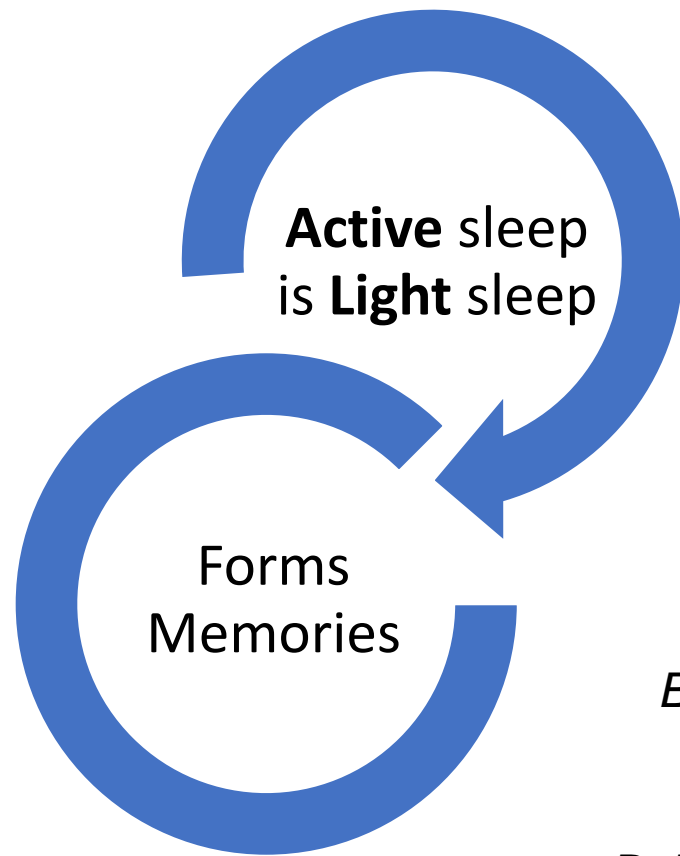
# Hold & Carry Baby – Baby Carriers



<http://www.babywearing.la/>

# Baby Sleep



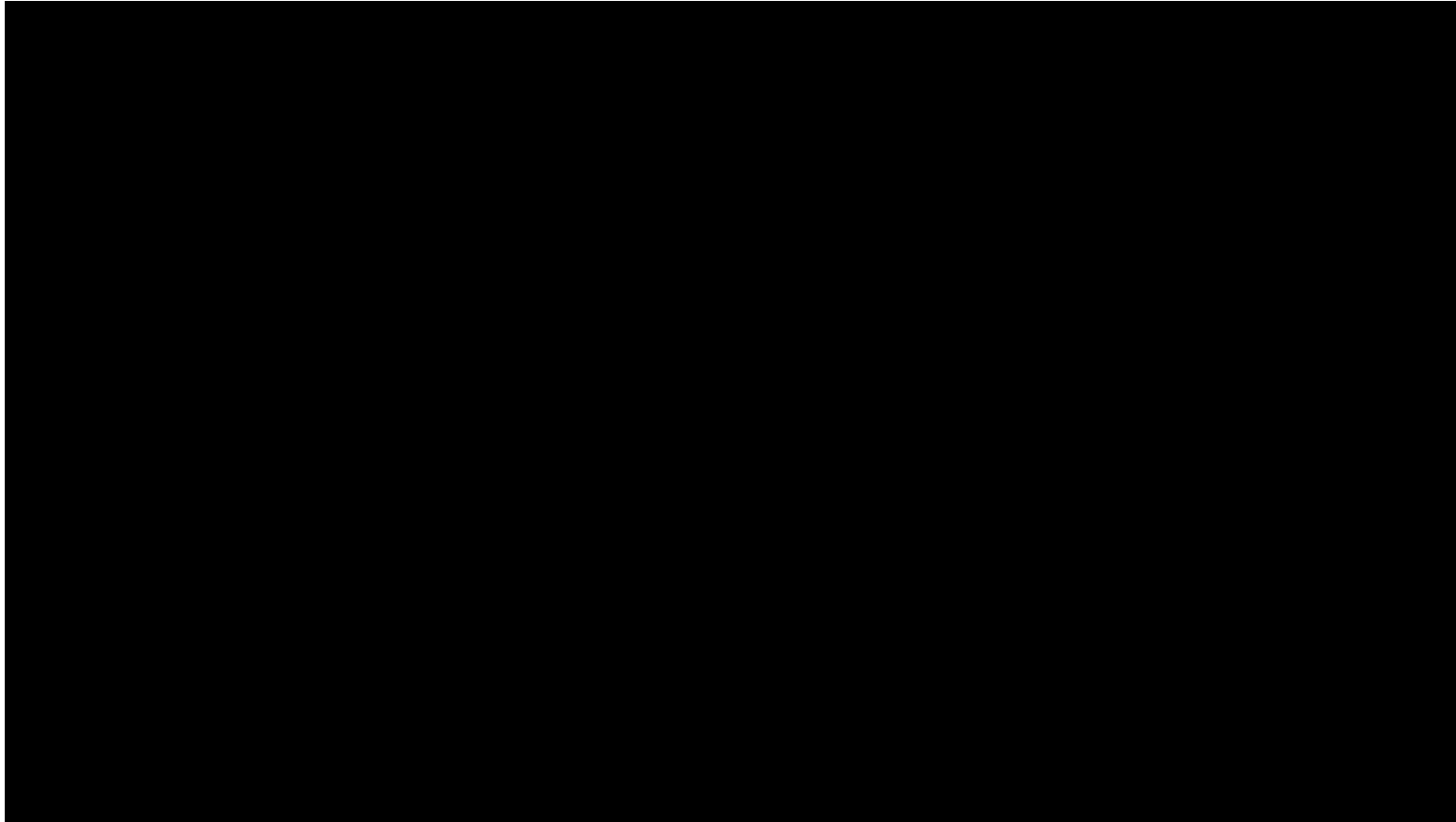


*Babies must wake and feed  
frequently  
&  
Babies need help to go and stay  
asleep!*

- Babies must wake and feed frequently – Physiological
- “Sleeping through the night”
  - 5-6 hour stretch
  - 12 pound baby to sleep about 6 hour stretch
  - 12 lbs. around 12 weeks (3 months)
  - 16 lbs. and 6 months
  - Unrealistic to expect anything consistent before 3 months

# Sleep Patterns Change Over Time

Age	Total sleep hours	Total hours of nighttime sleep	Total hours of daytime sleep
Newborn	16 hours	8 to 9	8
1 month	15.5 hours	8 to 9	7
3 months	15 hours	9 to 10	4 to 5
6 months	14 hours	10	4
9 months	14 hours	11	3
1 year	14 hours	11	3
1.5 years	13.5 hours	11	2.5
2 years	13 hours	11	2





# How to help your baby Sleep

- Disengagement cues
- Red eyes, rubbing eyes, heavy lids
- Fussy, jerky movements
- Yawn
- Hiccups

- **Babies can’t stay awake for long**
  - 45-60min of being awake – Look for “fatigue” cues
    - 90 min is a long time for a newborn to be awake
  - Eat – Activity – Eat – Sleep
    - “Activity”
      - Quiet Alert “facetime” – Talk to baby
      - “Rest and Digest” – mini nap - dreaming
      - Time on tummy to stretch
      - Diaper Change

- Initially – babies prefer
  - Awake at night
  - Sleepy during the day
- Daytime naps consolidate
  - 4 naps by around 6-8weeks
  - Short, long, long, short
- Night time sleep consolidates and they drop feeds
  - Size and Age – closer to 10-12 lbs and after 6 weeks

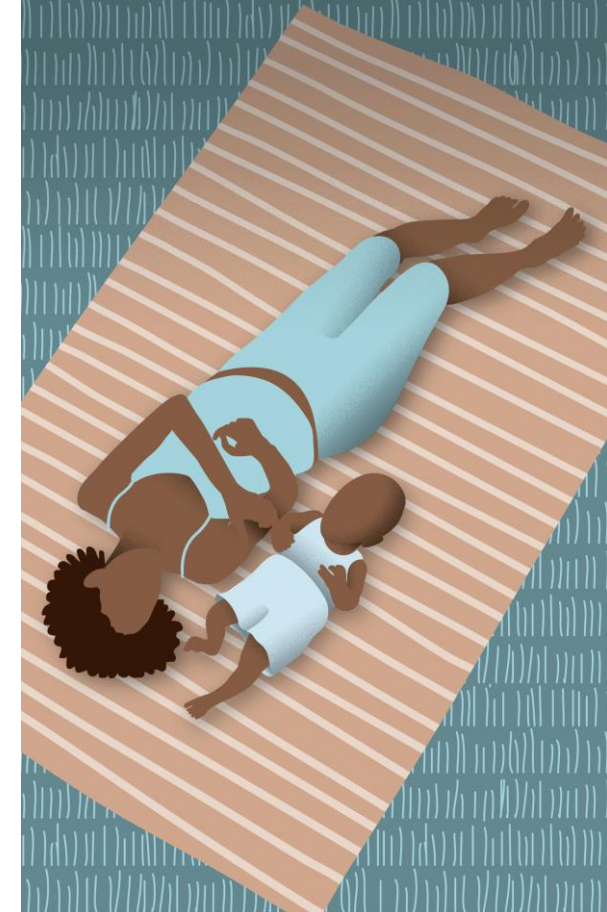
- Babies can't STAY asleep laying down in – LIGHT SLEEP
  - Look for “Active Sleep” – Dreaming
  - WAIT – continue to settle, soothe
  - “Deep Sleep” – about 30 min
  - Lay down tailbone → head...SLOWLY
  - Place hand on top of baby – settle, sooth in crib
  - Placing baby to sleep improves around 6 weeks
    - Faster into deep sleep

- Routines – set of same actions
- Routines are like dance moves
- Routines help baby learn “what comes next”
- Before 8 weeks – there are no set routines
- Around 6-8 weeks when sleep improves
  - Develop nap and bedtime routines
  - Consistent waking up routine

- Babies **grow** fast in the “4<sup>th</sup> Trimester”
- Babies must **wake** frequently
  - To **feed** frequently, and
  - To socialize and learn -- good for brains!
- Babies use “**cues**” to tell us their needs
- Babies **escalate** to crying if cues are unmet
- *All babies will cry – Remember the Crying Curve –learn to soothe!*
- **Sleep** improves with age and weight (**growth**)

[Homework](#)

- Parent Transitions
  - Safety considerations for baby
  - Planning ahead
  - Siblings, Family and Friends
  - Maternal Wellness and Self Care
  - Growth and Development





**UCLA** Health