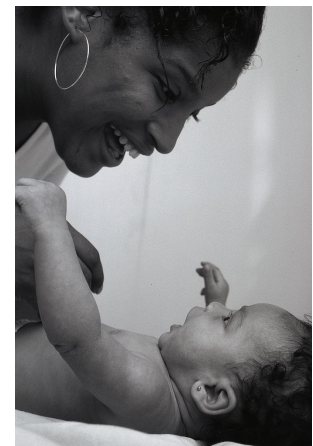


Baby's First Month—A Review

1. Baby's early feeding cues include:
Moving his arms and hands toward his _____.
2. Late hunger cues include:
_____ or fussiness
3. Never heat a bottle in the _____
4. Pacing bottle feeding is important in order to avoid _____
5. A "simple soother" to calm a crying baby is _____ - to- _____ contact,
where undressed baby is held against your bare chest.
6. The "ABC's of Safe Sleep" are
A: _____
B: On their _____
C: In their _____
7. _____ allows baby to strengthen muscles that will help him
learn to roll, sit and crawl.
8. It is recommended to have at least _____ months between the end of one
pregnancy and the beginning of the next pregnancy.



| | |
|-------|-------------|
| 16 | Mouth |
| Skin | Crying |
| Crib | Overfeeding |
| Tummy | Time |
| Alone | Microwave |
| Skin | Back |



Feeding Cues

His early feeding cues include:

- Sucking on his tongue, lips, hands, or fingers while asleep
- Moving his arms and hands toward his mouth
- Restless movements while asleep
- Rapid eye movements under his eyelids
- Opening his mouth when his lips are touched
- “Rooting” or searching for your nipple
- Making small sounds

Late hunger cues include:

- Crying
- Fussiness



Pacing Bottle Feedings

- Holding the baby so that he is more upright allows him better flow control.
- Tickle the baby’s lower lip and encourage him to open his mouth widely before you put the bottle in. Never force the bottle into the baby’s mouth through closed lips, or before the baby has invited the bottle in.
- Bottle feedings are *paced* by stopping and gently withdrawing the nipple after 5-10 sucks or whenever the baby shows tension through facial expressions.
- The nipple stays in contact with baby’s lower lip, allowing him to draw the nipple into his mouth again when he is ready. This helps the baby retain control of the feeding, reminding him to stop when he is full. It also allows better coordination of the suck/swallow reflexes.

How does baby tell you she is full?

These cues say “I’m full” or “I’ve had enough to eat”:

- Extended arms and legs
- Arms straightened along sides
- Fingers straight and hands relaxed
- Turning head away from bottle

Pacing Bottle Feedings

Soothers

You’ve tried all the ways you know to calm your baby--- but he is still crying. What to do? First, try to stay calm; *some babies just cry.*

Try these soothers. Just remember S’s.

- Skin-to-skin contact
- Swinging/Motion
- Soothing sounds –Shhhing
- Swaddling
- Side/Stomach (only when awake)
- Sucking



Remember the ABC’s of safe sleep every day...

Alone ... On their back ... In a crib