

Understanding Baby Behaviour

"The most important thing in communication is hearing what isn't said."

Peter Drucker

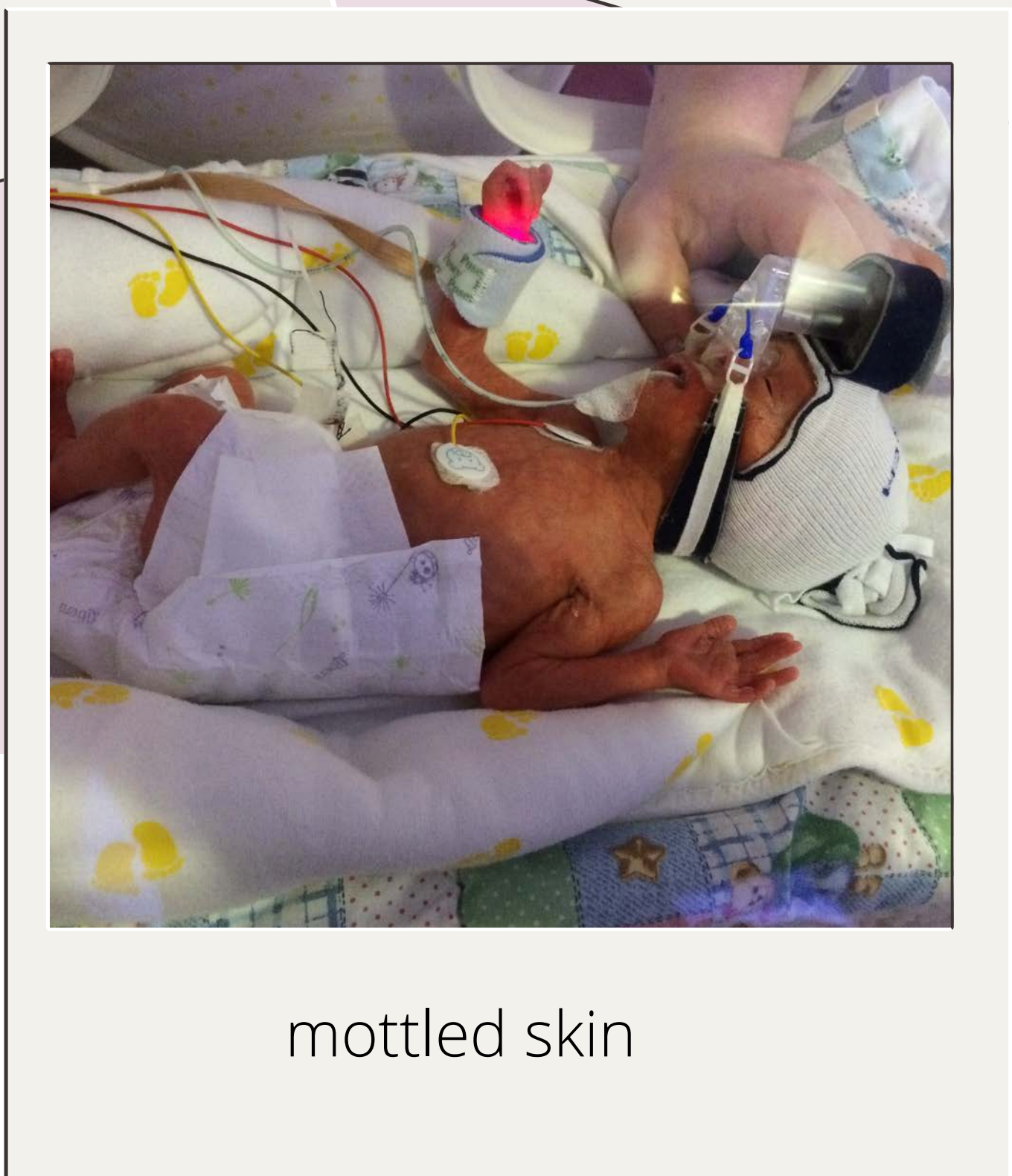
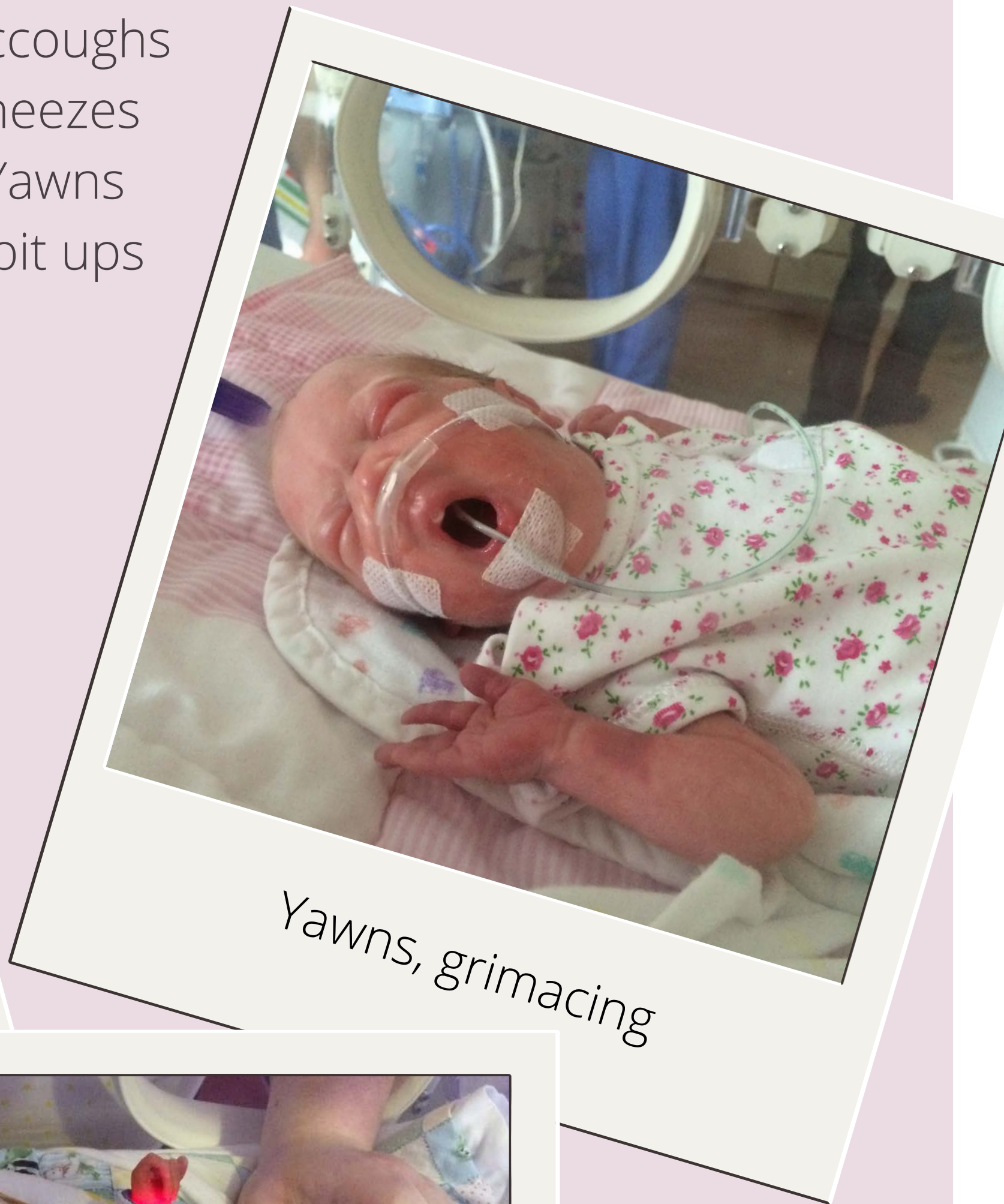
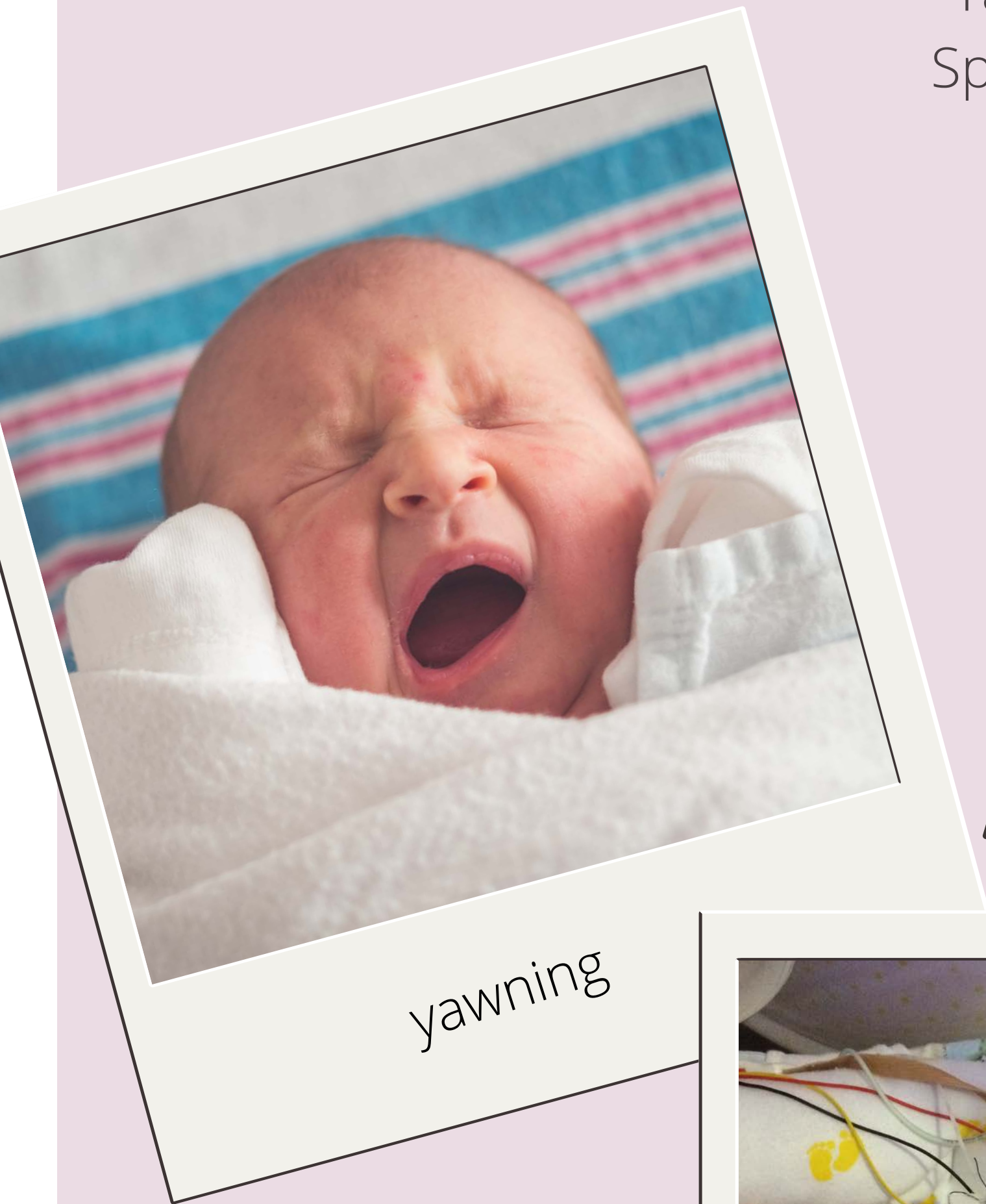
Whether your baby is born early, if they are sick or if you are at home, all new parents do the same thing, you sit and watch. Together with your baby you learn about each of their tiny movements, their colour changes, how they settle, how they like to be held, how they respond to their brand new sensory world.



Here are some examples of when a baby is not feeling comfortable. These behaviours tell us that something doesn't feel right. We need to stop, and change what we are doing to help them feel more comfortable and calm.

Colour changes; deep red/paleness/mottled skin
Changes in breathing pattern

Hiccoughs
Sneezes
Yawns
Spit ups



Stretched arms or legs
Wide spread fingers
Wide spread toes
Raised eyebrows
Pursed lips
Twitches
Tremors

These behaviours of stretching arms and hands out are seen in children and adults too. They are a clear indication that something needs to change.



stretched arm and fingers



stretched fingers



If you observe any of these behaviours, stop what you are doing, change your handling or try one of these to help your baby calm.

- Rest your hands on your baby
- Let them push against your hand with their feet
- Give them a finger to hold
- Give them something to suck
- Bring their hands to the middle
- Pick your baby up and let them snuggle in
- Slow, gentle rocking
- Supporting their hand near their mouth

