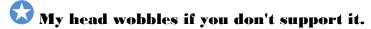
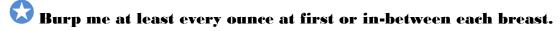
## WHAT IT IS LIKE (BE) A NEW BABYP









- I try to suck, even when I am not feeding and not hungry. I like a certain amount of non-nutritional sucking a day. So sometimes when I am sucking it doesn't mean I'm hungry.
- My hearing is not that great at first, so you don't have to be quiet around me. In fact it is better not to have me in a very quiet place; then noise will startle me.
- Bright lights, loud noises, and rough handling scares me.
- I often keep my hands in fists. Sometimes I can't let go of things placed in my hands.
- I like looking at faces, shapes, and outlines. Sometimes my eyes may not work together, don't worry they will get it together as I grow.
- While we're talking about these things, my breathing is very iritic, sometimes I breath fast for a few minutes then slow, then fast again. This too will change as I grow and mature.
- My muscles may "twitch", that's OK too. My nervous system is maturing. I have reflexes: startle Moro, etc. You may see these too; they will also go away in time.
- I can only see short distances at first. Night lights will affect my vision when I get older. It's OK for me to sleep in the dark. Please don't turn bright lights in the middle of the night when you feed or

change me, it will wake me up to much. Don't talk to me in the middle of the night or I will think it is time to play.

- Sleeping should be done on my back or side. Change my position so my head won't get flat in the back or on one side.
- The head of my crib or bassinet should be elevated slightly (30 degrees) I will not get so stuffy and the milk I have just had will stay in my stomach.
- I like to sleep in a cool room (68-72 degrees). If it is too hot I will get stuffy.
- No stuffed animals, pillows or fluffy blankets in my Crib, I could get wedged up against them.
- I need to be on my stomach everyday for short periods, to strengthen my back and neck muscles. I sometimes don't like this, but if you start when I am still very little, I will not mind it. I like to call this "Tummy Time".
- Make a list of important phone numbers and keep it by the phone. Poison Control-1-800-282-3171, my doctor, the hospital, family numbers and Mom & Dad's work and cell numbers.



