

WHAT IT IS LIKE

TO BE

A NEW BABY?

- ★ **I may sleep 17 to 19 hours a day.**
- ★ **My head wobbles if you don't support it.**
- ★ **I need to be held while being fed.**
- ★ **Burp me at least every ounce at first or in-between each breast.**
- ★ **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 too 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.**



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