

Your Baby



Night Owl

•Newborns sleep for most of their first 24 hours as they recover from the delivery. (There are always exceptions ☺)

•During the 2nd & 3rd nights, most babies will wake up & cry more often. They may seem to be hungry constantly. This normal behavior is displayed by both breastfed & formula-fed babies.

•Newborns cry more during the night to make sure they receive adequate care & nutrition during a time when their mothers & caregivers are sleepy. (Smart babies!)

•If your newborn displays hunger cues (sticking out tongue, lip-smacking, rooting), then latch her on to breastfeed. Call your nurse if you need assistance.

•If your newborn has recently completed a great feeding & still seems unhappy, then try the soothing techniques listed in purple box at right.



How to soothe your baby

- Hold your undressed baby next to your bare chest.** Babies stay warm & are calmed by your heartbeat when held "skin-to-skin." Make sure his nose is not covered & his skin stays pink. If you are sleepy or asleep, your baby will be safer when placed in the bassinet.
- Swaddle him snugly (not loose!).** Most babies will stay calmer longer & sleep better if arms are swaddled straight down along body. (Good night, sleep tight.)
- Hold him in your arms so he is on his side or tummy.** When a baby is upset, holding or placing him on his back can make him more upset. Babies should always be placed on their backs for sleep or when left unsupervised.
- Offer him something to suck on (mother's breast or a clean or gloved finger).** Sucking causes endorphins or "feel-good" hormones to be released in babies' brains.
- Rock or sway your baby or pat his back while holding him.** Babies miss the constant movement & floating they experienced in the uterus.