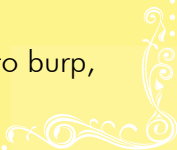




What should I do if my baby needs something to be different?

When your baby gives you cues that she is overwhelmed, give her a break from the world around her:

- Turn her away or stop the activity and hold her close to your body.
- Change the environment. People or noises can be very tiring for babies. Move her away from the noise and wait until she is ready to interact again.
- Lay her down for a nap if she is tired. Quiet time is good for both of you!
- Teach siblings about baby cues. Show them how baby lets them know when she needs a break.
- Newborn babies may also be sensitive to what's going on inside their bodies.
- Some babies may be fussy right after feeding.
- Be patient, they may need to burp, pass gas or poop.



I Want to Be Near You



As your newborn baby gets older, it will be easier to tell when he is ready to interact, learn or play.

He might:

- Have a relaxed face and body
- Follow your voice and face
- Reach toward you
- Stare at your face
- Raise his head



I Need Something to Be Different

Learning is hard work for babies and they can get tired quickly. Your baby will show you signs that he needs something to be different.

He might:

- Look away, turn away, or arch his back
- Frown or have a glazed look in his eyes
- Stiffen his hands, arms or legs
- Yawn or fall asleep

Responding to cues quickly, before your baby starts to fuss, may help your baby cry less.



Developed by the Douglas/Sarpy County WIC staff in collaboration with the Nebraska WIC Program.



This information has been adapted from the California WIC Program California Department of Health and the UC Davis Human Lactation Center.