

Baby's Sleeping



Did you know
that babies sleep
13 to 14 hours per
day? Just not all
at once!



The more they sleep
during the day, the
less they sleep
at night.

Sweet Dreams



Want to help me dream more and sleep safely?

**Breastfeed me and put me to
sleep on my back!**

Baby's Talking



“I want you to be near me, I need your help”

- Smooth movements
- Tries to touch you



- Smiling
- Relaxed face

“I need a break. I need something to be different”



- Turns or looks away
- Falls asleep

- Stiff body & fingers
- Arches or pushes away



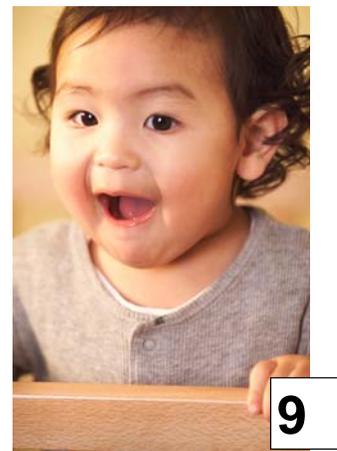
Clues to Why Babies Cry

- ❖ I will give each of you a drawing of a baby's handprint.
- ❖ On each finger, write something that might cause **YOUR** baby to cry.
- ❖ One example: baby needs a diaper change.
- ❖ Who would like to share their hand?



Understanding your baby better
will make you both happier!

Baby's Cues



There is brand NEW information about feeding your baby solid foods!



“Doctors, nutritionists and other health care professionals recommend that babies not be given anything other than breast milk or formula until the baby is close to 6 months old or until they are physically ready.”

--Based on research and supported by the American Academy of Pediatrics and WIC



What do you think about these new guidelines?

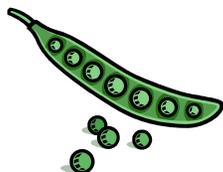
Why Wait?

Why do you think babies should not have solid foods until about 6 months old?



❖ A baby's body may not be ready for solid foods earlier than 6 months old.

❖ Feeding solid foods too early might cause the baby problems.



We hope you have discovered a few secrets today to help you better understand your baby...



What is one thing you will do differently with your baby based on what you learned today?

