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

Created by the UC Davis Human Lactation Center as part of the FitWIC Baby Behavior Study.

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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

1. Baby grimacing
2. Baby smiling
3. Baby sitting
4. Baby rubbing face
5. Baby holding finger to mouth
6. Baby on a bed
7. Baby with a pacifier
8. Crying baby
9. Laughing baby
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?