Baby’s Talking

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

• Smooth movements
• Tries to touch you

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

• Turns or looks away
• Falls asleep

• Stiff body & fingers
• Arches or pushes away

• Smiling
• Relaxed face
Why Babies Cry

Hungry babies will do many things to tell you they are hungry. Sometimes they cry, but not always! Babies cry for many reasons…

✓ Dirty diaper
✓ Too hot or too cold
✓ Tired
✓ Lonely
✓ Want to be near you
✓ Need a break or something different
Baby’s Sleeping: Let’s Guess

How many times do you think babies wake up at:

1 month ____
2 months ____
6 months ____

Do newborn babies dream?

Why is dreaming healthy?
Understanding Your Baby’s Sleep

Active (light) Sleep

Quiet (deep) Sleep