

What to Expect From My Newborn Baby

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Potential introduction: Having a baby is a very exciting time. Many moms have questions about what to expect from their newborn. Understanding your newborn baby's behavior can help you feel less stressed and more confident in caring for your baby. Which of these questions might you have?

I am wondering about....

What should I expect from my baby's sleep?



How will I know what my baby needs?



How can I calm my crying baby?



How will I know if my baby is hungry and is getting enough to eat?



Sleep/Wake (sleep to cues)

Many parents have heard a lot about newborns and sleep from others. Would you like to talk a little about how babies really sleep and what to expect?

Crying/Calming (crying/calming to hunger)

But babies cry for many reasons, not just because they are hungry.

Hunger/Fullness (hunger/fullness to cues)

A concern that many new parents have is whether they will know when their baby needs to be fed. What questions might you have about hunger cues?

Cues (cues to crying/calming)

Would it be ok if we talk a little bit about babies' cues?

FOR STAFF TRAINING ONLY: Suggested transitions are in the parentheses () when moving from one topic to the next.

Choose possible transition statements from below when discussing each topic (sleep/wake, hunger/fullness, crying/calming, cues).

NOTE: Cues and Hunger/Fullness may use the same statements.

Transition Statements

- Babies go through periods of light/deep **sleep*****
- Babies fall asleep in light sleep/wait until deep **sleep** to lay down*
- Waking is normal and healthy/discuss why babies **wake** up
- As baby gets older/will **sleep** for longer stretches*
- Parents need to expect their **sleep** to be in 2-3 hour stretches*
- Day 2-baby will **wake** more often and want to eat more often
- Newborns are good at giving **hunger cues***
- Review **hunger cues***
- **Hunger cues** are clustered—(demonstrate)
- Day 2—baby will give **hunger cues** more often and want to eat more
- Responding early to **hunger cues** can prevent some crying
- Babies cry for many reasons not just **hunger** (hunger **cues** VS crying no hunger) **
- **Crying** is normal—way baby communicates
- Steps to **calm** crying baby*
- Overstimulation VS repetition to sooth/**calm****
- Day 2—baby will **cry** more
- Babies **cry** less as they get older and get better at giving **cues**

Tools

*[Getting to Know Your Baby](#) (Baby Behavior Brochure)– Show the parent the part of the brochure that corresponds with the transition statement.

- **Example:** “Newborns are good at giving **hunger cues**”- show the parent the cues section “I am Hungry. I am Full”

**[MN WIC Baby Behavior Education](#) –

- **Example:** “Babies go through periods of light/deep **sleep**”- show the parent the video clips for light and deep sleep.

***May show both the Baby Behavior Brochure **AND** MN WIC Baby Behavior Education that corresponds with the topic.

Reference- Complete Listing of Hyperlinks:

[Getting to Know Your Baby](https://www.health.state.mn.us/docs/people/wic/nutrition/babybehaviors/english.pdf) (https://www.health.state.mn.us/docs/people/wic/nutrition/babybehaviors/english.pdf)

[MN WIC Baby Behavior Education](https://www.youtube.com/playlist?list=PLnv1INVkxmmtYaMmowS5oBHnbgmps7Ai1) (https://www.youtube.com/playlist?list=PLnv1INVkxmmtYaMmowS5oBHnbgmps7Ai1)

Minnesota Department of Health - WIC Program 85 E 7th Place, PO BOX 64882, ST PAUL MN 55164-0882; 651-201-3942, health.wic@state.mn.us, www.health.state.mn.us; To obtain this information in a different format, call: 651-201-3942

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