

Behavior

Babies need to be held. You may find that your baby cries when you put him down. This does not mean he is spoiled. While you were pregnant, your baby was held close, rocked, felt warm and never was hungry. It takes time for him to get used to this new world. The more they are held in the first 3 months, the better they sleep at night.

Smiles change from sleepy smiles to alert, bright-eyed smiles. Smile at your baby often to show him how it's done.

How to help your baby:

- Talk to your baby, and smile, too.
- Listen to your baby and repeat any sounds.
- Read and sing to your baby.
- Put your baby on his tummy to play three to four times a day while he is awake to make his neck and arms stronger.
- Touch and cuddle him.
- Hold your baby for feedings and any time he needs comforting.

Waking & Sleeping

Babies settle into an eating and sleeping routine in the first 2 months. At about 5 weeks, they get fussier. Fussiness gets better at 6 to 8 weeks of age. Babies do not usually sleep all night (6 hours) until they weigh almost 15 pounds.

Some babies just eat and sleep. Other babies stay awake and want to be held, look around and suck. These babies also may need your help to settle down to get to sleep when they are tired. When babies get bored, they may fuss and cry. If babies are too fussy, it is hard for them to find the bottle or pacifier – you can help by gently rubbing the side of their cheek or mouth. When your baby is awake, he depends on you to move him to different positions and give him new things to look at and listen to.

- Babies should be put to bed lying on their backs.
- Place your baby's head in a different direction each night - this helps prevent flattening on one side of the head.