

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

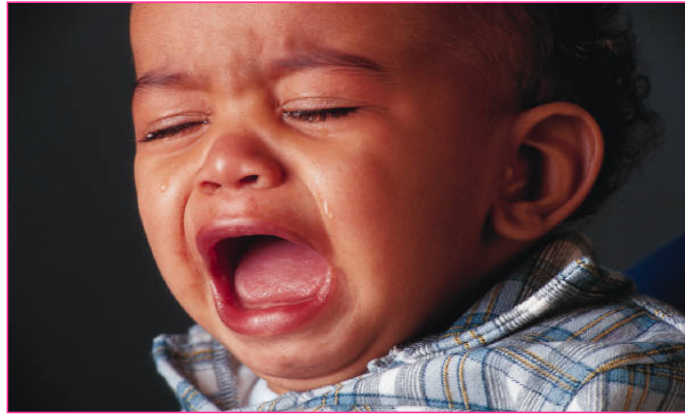
- Falls asleep

- Stiff body & fingers

- Arches or pushes away



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