

Baby signs of stress and relaxed

Signs that your baby is relaxed and ready to interact with you include:

- ☺ Arms bent, relaxed fingers and toes
- ☺ Smooth movements
- ☺ Rounded, flexed body
- ☺ Relaxed, happy face and mouth
- ☺ Regular breathing
- ☺ Eyes open and watching you
- ☺ Quiet and alert



Signs of stress and overstimulation include:

- ☹ Fingers wide then into fists
- ☹ Twitches or jerks of arms or legs
- ☹ Arching back
- ☹ Frown or worried look
- ☹ Uneven breathing or hiccups
- ☹ Looking away from you and “glazed over”
- ☹ Crying

How to reduce baby stress

All the sounds and lights and people can be overwhelming to a baby. They need some quiet time. You can try some of these ideas:

- ♥ Put your baby on your chest in skin to skin contact. It is warm and secure there. Baby hears your heartbeat and voices which he remembers from the womb. Your regular breathing helps the baby to steady their own breathing.
- ♥ Turn off bright lights or move away from sunlight to reduce the stimulation.
- ♥ Quiet music, humming or quietly singing a rhythmic song can block out background noises. Go to a quiet place.
- ♥ Hold your baby and rock slowing from side to side or rock in a rocking chair, keeping the movement steady and even, not jerky.

Feeding Signs - see BFHI Link Issue 33 www.babyfriendly.ie/bfhi_link.htm

This is general information. Discuss your specific needs with your midwife or doctor.