

hungry



wants to eat

It's feeding time. Newborns need to be fed every 2-3 hours. To avoid fussing and crying, look out for earlier cues such as sucking on fists and fingers or lip smacking.

They are thirsty. Your baby doesn't drink water yet, so milk is also their source of hydration.

Tired + hungry. Not a great combo. Your baby may need the comfort of the bottle or breast to fall asleep.

They want to feel secure. The physical act of sucking and the comfort of milk act as analgesia to calm your baby.



Your baby eats frequently because their stomach is small. But they're also experiencing the biggest growth spurt of their life- doubling their weight within the first 5 months! Nutrients are crucial for healthy physical growth and brain development.

burp



trapped gasses

Trapped gas. Try burping and bouncing or bicycling your baby's legs to get those air bubbles moving.

Gastrointestinal issues. Acid reflux, constipation, and allergies are just a few of the reasons your baby may have an upset belly. Consult your paediatrician for concerns.



Your baby's digestive system is still not fully developed, and they may need your help to push that excess air (or waste) out of their body. Breaks during feeding time, gentle pats on the back, and a change of position may help your baby feel better.

sleepy



needs help to sleep

They are tired. Newborns typically need between 14-17 hours of sleep over a 24-hour period. A calm environment and a cuddle may be all they need to drift off to dreamland.

Disrupted sleep. If the baby woke up before they were ready, they may need you to soothe them back to sleep.



Sleep is very important for rest and for resetting their rapidly developing brain. After 9 months in the comfort of the womb, they may need some help falling asleep in the outside world while their body works out its own circadian rhythm.

uncomfortable



something is not right

They feel unprotected or alone. Especially during the first weeks, babies need to feel cuddled, compact, and warm. Babies need human physical contact.

They're uncomfortable, too hot or cold or need a diaper change. Your baby may be trying to tell you they'd like to change position or remove or add blankets and get that temperature just right.

They are bored. Stimulate your baby with songs, baby talk, age-appropriate toys, etc. especially after they reach 3 months.



After 9 months in the womb, your baby is still adjusting to having their own body, separate from mom's. Your cuddles and human touch are as important for their development as any other biological need.

irritated



experiencing distress

Overstimulation. Things like television, music, and noisy and crowded environments can easily overstimulate a newborn.

Extreme hunger or fatigue. Babies get angry and tired too. The longer they have to wait, the more agitated they'll become, so they will need extra help to satisfy their needs.

Disrupted routine. Babies thrive on routine and may have trouble adjusting to sudden change.

Other factors. Unpleasant situations like medication administration, nasal lavage, fever, recent vaccination.



Your newborn may get overwhelmed as their developing brain learns to process big, new feelings. Focus on soothing them first by holding and rocking them, offering a pacifier, etc. so they can relax enough to eat and sleep.