

Your Baby's Behaviour



Your baby has a unique way of communicating with you and letting you know when they are happy, anxious, or uncomfortable. Learning to understand your baby's expressions and movements is a valuable tool to help you all as a family to get to know each other and improve your baby's development.

Your baby's behaviour will be unique to them. Here are a few examples of what they might be trying to tell you.

“I'm tired, feeling a bit overwhelmed and need to rest”



You may see me yawn, hiccup or turn away when I need to rest.

Placing your baby skin to skin or positioning them comfortably in their incubator in a nest allows them to rest. Putting your hand or a muslin square with your scent on them can also help.

“Sometimes when it all gets too much, I will put my hand in front of my face or raise my arms with my hands wide open”



Pause what's going on and let me rest in a supportive position. Adjusting the environment around me or kangaroo care/ skin to skin might also help.

“I am curled up with my hands near my face, my feet are together and supported by a high boundary, and I have a relaxed expression on my face, I am feeling comfortable”



Talking to your baby, singing, or reading to them at this time helps with their brain development. If your baby starts to show signs of being over stimulated such as yawning, putting their hands in front of their face or turning away, gently lower your voice and pause your interaction

Check out these online resources for more information and ideas:

[Look at me – I’m talking to you | Parent resources | Bliss](#)

[Home - Ei SMART](#)

[Sensory Beginnings | Training Courses for neonatal & early intervention providers](#)

