

Getting to Know your 2-8 week old

Why are my baby's cues confusing?

You and your baby are getting to know each other, but he needs more time to learn which cues work best. He needs to interact with you as much as possible, but he gets tired quickly. He's not used to all that he sees and hears. He may dislike what he feels inside his own body. He can't tell you exactly what is making him uncomfortable. As he gets older, he'll get better at showing you what he needs.

When will I learn my baby's cues?

You have been watching and learning to recognize what your baby is telling you. When he uses cues that seem to work, he will repeat them again and again. As you see his cues over and over, it will get easier for you to recognize what he needs. Soon, you will have your own special language with your baby. The more you respond to his cues, the faster he'll learn what cues work best.



Why does my baby still cry so often?

Your baby will cry when he really needs your help. Look around for things that may be bothering him. When you see your baby using cues to tell you he needs something to be different, you may not know what you should do to help him. He may be tired and overwhelmed by seeing new things and people. As he gets older, he will be better at using cues to tell you what he needs. When you respond to his cues, he will not need to cry as often. When he is crying, rub his back and rock him gently. It may take a few minutes to help him calm down, but repeated sounds and motion will help him feel safe and secure.

Why is my baby hungry so often?

Your baby's body and stomach are small. As he grows, he will be able to eat less often. You can use your baby's cues to know when he is hungry. He'll have his hands up near his mouth and his knees up near his tummy. He'll pucker his lips, make sucking sounds, and turn his head to the side in search of food. All of these things together show that he's hungry. Watch for these cues and feed him when you see them. If your baby is crying but not showing any hunger cues, there may be another reason. During growth spurts, your baby will want to eat more often. You might see hunger cues more often around 6 weeks of age.



Why does my baby wake up when I try to lay her down?

Does your baby wake up as soon as you lay her down? You may feed her or rock her again and again but she wakes up when her body touches the mattress. It is very common for young babies to wake up so easily when they are dreaming. When your baby is dreaming, her face will twitch and her body will move. Many newborns will dream for about 30 minutes before they change to deeper sleep. This is good for her brain development but it can be frustrating. Wait until her body and eyes are still or let someone else hold your baby until she is still. When she is in deep sleep, she will stay asleep when she is laid down. Things will change when she is older.

When will my baby sleep longer?

It is normal and healthy for your baby to wake up at night. Your baby needs to wake up easily whenever he is hungry or uncomfortable. This is hard on you but important and safe for him. Right now, your baby cannot tell when it is day or night. He will wake up many times and you won't be able to predict when he will sleep. When he is older, he will wake up less often and sleep more at night. But not yet. Until then, ask a trusted friend or family member to help you with chores or to care for your baby and other children so that you can have a nap. Even 2 hours can help you feel better, so be sure to ask for help.

