

# Learn Your Baby! Strengthening Your Bond.

✓ FEEDING MY BABY ON CUE

✓ COMFORTING MY BABY



1

## KEEP BABY CLOSE

It's easier to learn your baby when he or she stays in your room with you.



2

## WATCH FOR FEEDING CUES

Your baby will show you when he/she wants to nurse. See the back of this sheet for more info.



3

## RESPOND EARLY

Hold or feed baby at the first signs of being fussy. This teaches baby you will meet his/her needs.



4

## CALM BABY

Hold baby skin to skin or rock him/her. Offer a clean finger for baby to suck on for a few seconds.



5

## KEEP YOUR ROOM QUIET

Dim the lights and keep noises down to calm baby. Ask visitors to keep their visits short, as well.



6

## ASK CHAMPION TO HELP

Your champion can help calm the baby, too. Holding baby, and skin to skin work great!

## How to Calm Baby on the Second Night

- Hold baby close, skin to skin. When baby is upset, your chest feels safe.
- Dim lights and keep the room calm.
- Offer your breast often. Babies nurse for comfort, not just for milk!

Most babies get fussy on the second day / night. This is not always because they are hungry. It often means baby is simply awake more and bothered by all the people and noises. This is the perfect time to **keep baby close!**

# Home Sweet Home

For your baby, home is in your arms. There baby finds all he/she needs: food, love, warmth, comfort, and safety. In the early days, baby will teach you what he/she wants and when he/she needs it. And your loving arms will teach baby that he can depend on you.

## See How Baby Shows You What He/She Wants!

### “I Want to Nurse!”

When baby wants to eat or needs comfort, he/she will:

- Smack lips or move mouth
- Suck on lips, fingers, or hands
- Move head toward things that touches his cheek
- Move or bob his head from side to side

Babies nurse for food and comfort. When baby shows these cues, go ahead and let baby nurse.

### “I’m Getting Upset!”

Watch for baby’s ‘pre-cry’ cues right before he gets upset. Baby might:

- Squirm
- Frown or have a scowl on his face
- Whimper or make soft sounds

This is a great time to keep baby close skin-to-skin.

### “I Need Mom”

When baby is tired of waiting for you, he or she will:

- Have a red face
- Scrunch up his face
- Cry loudly

Baby gets comfort from being near you.



## How You (Her Champion) Can Help Mom!

As mom’s champion, you have a vital role in creating a home for baby. Baby looks to you for comfort and security.

- Watch for baby’s **feeding cues** if mom is resting.
- Help mom **soothe the baby** when he/she becomes fussy.
- Hold baby skin to skin. The feel of dad’s chest and sound of his **deep voice** are especially soothing to babies.
- **Build mom’s confidence.** Tell her she can do it!

## Your Visual Guide

Use your Coffective app to see photos of other great ways to spot your baby’s cues.

### Don’t have the app?

Just search the app store for “Cffective” and get started!

