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NAME: _____

WEIGHT: _____ HEIGHT: _____ HEAD SIZE: _____

What Your Baby Can Do: Your baby has probably begun to smile and coo at you. Over the next two months your baby will become more and more social: the smiles will appear with increasing frequency and you may even hear a laugh or a chuckle. Coos will become louder and more varied; you'll begin to hear happy squeals.

When your baby coos, talk back; when your baby smiles and laughs, smile and laugh back. This is the beginning of language. This is how your baby learns to interact with others.

Watch your baby's body language: as your baby looks at you, your baby will become alert and quiet, and then suddenly, more excited and active, waving arms, bicycling legs, and vocalizing.

It will seem as if your baby is trying to reach toward you as he or she tries to "talk" to you. When your baby has had enough interaction your baby will look more serious or turn away. Learn from your baby's cues when he wants to socialize, when he needs a quiet time.

Crying: Crying, as well as smiling and cooing, is how babies talk. You probably have learned to recognize your baby's hungry cry and "change my diaper cry". But for most parents there are times when they just don't know why their baby is crying.

Six-week-old babies still cry a lot, about three hours out of every twenty-four; some have an evening fussy period, and others seem to fall apart at day's end. What should you do when your baby is crying and you just don't know why?

It helps to think about why babies cry.

If your baby's just been fed it's probably not hunger, but some babies need to suck for a longer period of time than feeding allows. Babies often calm themselves by sucking. Try putting your baby's hand up to his mouth so he can suck.

Sometimes babies cry because they need attention. Try talking quietly to your baby while holding him so he can look directly at you.

Sometimes babies cry because they need to be touched. Hold your baby against your shoulder or on his stomach across your lap or draped lion-style over your arm and gently rub his back.

Movement often quiets babies. Rock with your baby, walk with your baby, sway with your baby.

SIX WEEK WELL CHILD CHECK





Six-week-old babies have a startle reflex. As they fling their arms outward, they often cry. If your baby startles easily it may help to interrupt that reflex by holding his arms and hands together on his chest.

Sometimes babies cry because they've had too much attention and want to be left alone. Try putting your baby down.

Crying babies can be very difficult to live with. Parents worry that crying means something is wrong, either with themselves because they can't calm their baby, or with their baby who can't be calmed. If you feel overwhelmed by your baby's crying or feel that your baby is crying too much, please come and talk with us.



Sleep: Babies have alternating periods of light sleep and deep sleep. During light sleep your baby is dreaming: eyelids twitch, legs and arms move, bodies may jerk; you'll hear your baby fuss, perhaps coo, and then cry out just before settling back down into deep sleep. Babies' dream cycles occur about every one and a half to two hours.

You can help your baby sleep better by allowing your baby a chance to go from that dreaming, half awake-half asleep state back to a deep sleep by himself. If you respond to the fussing and stirring that occur during your baby's light sleep by immediately trying to soothe your baby, your baby will either waken fully or will learn to need your help to get back into a deep sleep. Wait a few minutes before responding to your baby, allow your baby a chance to learn how to go back to sleep by himself.



As your baby learns how to move from dreams to deep sleep on his own, he'll sleep better and you will too.

