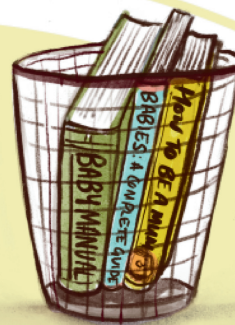


Your Newborn Baby is Your Best Guide



You may have wished that your newborn baby came with an instruction manual to give you all the guidance and information you need to care for them. This is a normal feeling and comes from a place of love and care for your baby. Wonderfully, your newborn brings with them to the world something much better than any user guide and it's right in front of you: **themselves!**

It's amazing to realise that your baby is already communicating with you right from birth. They do this through their behaviour. This behaviour which includes all your baby's movements, expressions and responses shows you how they are feeling and what they need. All behaviour has meaning (it is not random!) so you can trust it to guide your caregiving.

So, there is no need to feel overwhelmed with parenting books, suggested schedules and sleep trackers. Instead try observing your baby with curiosity and wonder and trust them to guide you. You are in this together.



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For more information on your baby's communication visit: www.brazelton.co.uk

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No Need to Compare... Your Baby is Already Totally Unique



It's easy to do- comparing your baby with other babies and ending up worrying if they are behaving and developing as they should. If this has ever been you, it's time to set your mind at ease...

Your newborn baby is already a unique person and the individuality they show is something to marvel at! Right from birth your baby has their own temperament, character and sensitivities - which can be observed through their behaviour. This means that your baby's sleep, feeding, and the amount of stimulation they can tolerate will look different from other babies. That is all completely normal.

Since your baby is unique you can also feel reassured that your caregiving may look very different to other parents too. There is not one-size-fits-all for being a parent and a newborn - and that's something to celebrate!



Focus on Connection Rather Than Perfection With Your Baby



Every parent wants to do the very best for their baby - that's a sign of true love! We want to know exactly what our baby needs and be able to provide it 100% of the time. Yes, your baby's behaviour is the best caregiving guide but what about the times when it's hard to understand or when despite your best efforts your baby is still unsettled?

Firstly, you will not harm your baby! When your baby is unsettled be reassured that holding them safely in your arms where they can feel your heartbeat and hear your calm voice makes a big difference even if they remain upset. Babies are resilient and it's part of development to learn and figure things out together.

Secondly there is something far more important (and realistic!) than achieving perfection and that is connection. Connection between you and your baby. Being close together, talking and smiling face-to-face whilst also recognising and supporting the whole range of your baby's emotions. For your baby this connection with you is the power driving an extraordinary period in their brain development. And for you, this time connecting helps release hormones in your body that reduce stress. Connection is a thriving cycle for you and baby.





YOU are Everything Your Baby Needs



Whilst preparing for your baby to arrive you are often busy thinking of everything your baby could possibly need to keep them healthy, happy and thriving. What you may not know is that YOU are already all your baby needs.

Your newborn baby will be putting a lot of energy into growing, developing and learning to manage their sleep/wake cycles, their feeding and other bodily functions - we call this regulation. These are all new experiences for a young baby and to begin with they will need your help - this is called co-regulation. Cuddling, holding close, your heartbeat, your voice and even your smell are all ways you help your baby regulate their responses. When your baby is calm and regulated, they are then able to engage with everyday activities be it social interaction, sleeping or eating - all part of healthy development.

Though your baby already has an in-built drive to grow and develop, this happens best within loving relationships with caregivers. Talking, singing, interacting with your baby are all responsible for vital connections forming in your baby's brain. Your newborn doesn't need particular toys, equipment or 'special' experiences to develop - your face and voice are the best toys, and your undivided intention is the best thing in the world to you baby.

So, in a world of 'must buy' baby products remember, YOU are everything your baby needs - not just to survive but to thrive!



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Caring for Your Newborn: There's Magic in Everyday Moments



Mixed in with the delight of having a new baby can be many moments when caring for them can feel hard. The long days, one feed to the next, one nappy change to the next and often surviving on very little sleep. It's a time when looking after for your baby may feel repetitive and even unrewarding. You might feel like you are not contributing much at this stage but don't be fooled or disheartened...

Within the ordinary everyday care of your newborn there is the extraordinary happening. During the first weeks and months after birth your baby going through a period of development like no other in their lifetime. More than one million neural connections are formed each second in your baby's brain. This growth lays out the foundations for vital information such as, 'Who am I?', 'What is the world like?', 'What do my feelings mean and do they matter?'.

Your love and care - whether it be comforting a cry, interacting during a nappy change, being held close during a feed and the way you consistently respond to your baby's cues - are the very things that drive this incredible period in your baby's development. Your voice, your touch, your face, might feel like small things, but in-fact they are more significant than you could ever imagine!



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