

BABY WATCHING -THE INTUITATIVE PARENTING APPROACH

Rather than following generic instructions and rigid rules of baby care, success comes from watching your baby, listening to what he is saying, reading his unique body language, and responding appropriately. It is pertinent to develop these skills because no two babies are the same. Maybe you have a fussy baby who needs to be held more, or swaddled and laid down in a dark, quiet room. Or, perhaps, the baby is sensitive to stimulation and doing too much results in shut-down instead of sleep, and crying rather than nursing.

STOP

Take a breath before reacting.
Find your intuitive self.

LOOK

Observe what body movements baby is using to communicate. Does baby appear relaxed, tense, agitated or uncomfortable? Is baby's skin pale or flushed?

LISTEN

What does the cry tell you? Is the tone of cry: high-pitched, moderate, low or high energy?

EVALUATE

Do you see red eyebrows, mottled skin, more disorganization...? it's time for a nap.

Has it been an hour or two...? It can be hunger.

Does baby's body feel tense, relaxed?

Arching, high pitched spasmodic crying may be pain or overstimulation.

KEY

Look for a clustering of cues: Cues cluster around hunger, fatigue, I want to interact and overstimulation

Hunger: hands to mouth, rooting, tense body eagerly takes the breast or bottle

Fatigue: red eyebrows, mottled skin, yawning, lower pitched cry

Interact: face brighten, eyebrows lift, eye contact and arms reach forward.

Overstimulation: arching, no focus, high pitched cry- pain the cry is spasmodic