

# WHAT IS MY BABY TRYING TO TELL ME?



**LESSON:**  
**PREPARING TO MEET YOUR NEWBORN**

Sometimes your baby will show cues or signs to let you know they want to be near you. Or, they can use cues to tell you they need something to be different.

### Take This Lesson to Learn:

- Baby's cues in action and watch a video.
- How your baby will tell you they are hungry and full.
- How you and your family can bond with your baby through skin-to-skin time.

### To Get Started:

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Pregnancy and Baby's First 6 Months**
- Choose the lesson: **Preparing To Meet Your Newborn**

### IF YOUR BABY WANTS TO BE NEAR YOU, THEY MAY...

If you see these cues, you can try talking, singing, or playing with your baby.



Look at you with wide open eyes



Relax their body and face while they look at you



Kick their legs and squirm in a happy way



Try to touch or taste what interests them (older babies only)

### IF YOUR BABY NEEDS SOMETHING TO BE DIFFERENT, THEY MAY...

If you see these cues, give your baby a break from what is happening and try something different.



Close their eyes or turn their face away from you



Have tense muscles

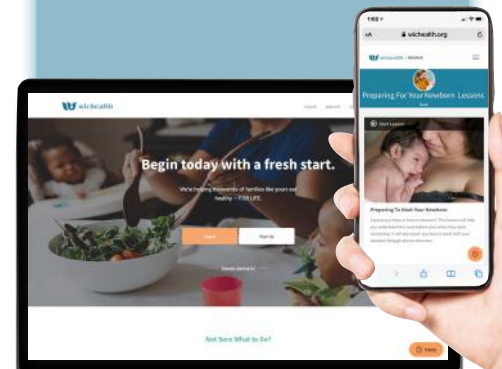


Arch or twist their body away



Frown or look like they are about to cry

>> RESPONDING TO CUES QUICKLY, BEFORE YOUR BABY STARTS TO FUSS, MAY HELP YOUR BABY CRY LESS. As your newborn baby gets older, it will be easier to tell when they want to learn, interact, play, or take a break.



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