

Newborns cry on average 2 hours per day. 20% of babies cry for more than 3 hours per day

Babies learn through people - in the early days, crying is the main way in which they communicate

Some babies are very sensitive to changes in their environment - noise, self soiling, bathing, nappy changes

Every baby is born with its own unique temperament

## Getting To Know Your Baby

Babies prefer people to objects

In newborns, crying is likely to occur most in late afternoon and early evening

Signs of distress/over stimulation - Turning away from stimulation  
Grimacing, Yawning, Back arching  
Crying

Newborns sleep 15-16 hours by 3 months this has dropped to 14 hours

Babies are born to be social

Newborns can only focus 22-25cm