



Birth to  
1  
mth

A  
baby is  
born



# Birth to One month



**CONGRATULATIONS!** You are now exploring parenthood with your newborn.

Exciting times lie ahead! It is normal to feel anxious and helpless. You have the support of our resource kit to guide you through the questions you may have for your infant. Being a new parent can be challenging and it takes time and practice to know your baby. In this booklet, we have intentionally used both genders interchangeably.

We hope you will find the practical tips and suggestions useful in caring for your child from birth to three. Enjoy those precious moments as you bond with your child.

For more information, please visit **[www.growatbeanstalk.sg](http://www.growatbeanstalk.sg)** or **[www.facebook.com/beanstalksingapore](https://www.facebook.com/beanstalksingapore)**.

Although your baby is not able to talk to you yet, he is speaking through his expressions, gestures, sounds and cries. He enjoys being near you and looking at your face. Being close to you comforts him and makes him feel safe.

Your baby uses different cries to let you know when he's hungry, wet, distressed or needs a cuddle. It can be challenging trying to understand your newborn, so do be patient with yourself and your baby.



- I like to sleep a lot.
- I get hungry every few hours.
- I expect to be fed at certain times.
- I turn my head sideways when on my stomach.
- I keep my hands in a fist or slightly open most of the time.
- I may only use an eye at a time, keeping the other one closed.

How I Grow



How I Communicate

- I cry when I am hungry, wet, tired, in distress or when I want to be held.
- My different cries can tell you whether I am hungry, need a diaper change or a cuddle.
- I am beginning to make throaty sounds.





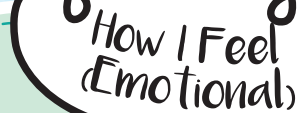


## How I Respond (Social)

- I make eye contact with you.
- I may smile when I see or hear you.
- I like to be held gently and close to you.




## How I Understand

- I like to look at your face.
- I prefer looking at patterns, especially in contrasting black and white, more than solid colours.
- I may show a preference to my right or left side.



## How I Feel Emotional

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- I like to feel warm and safe.
  - I feel comforted when you hold me close.
  - I show distress when I am in pain.
  - I don't like a lot of noise. I get scared by loud noises, bright lights and rough handling.

## How I Grow



- Respond quickly to my needs.
- Feed me regularly and observe my feeding times.



## How I Communicate

- Observe me to learn my different cries and understand what I am trying to tell you.
- Smile and speak softly to me.




## How I Respond (Social)

- Hold me close and cuddle and rock me gently.
- Stroke me gently.
- Sing a lullaby to me.

"TWINKLE"  
"TWINKLE"  
"LITTLE STAR"





## How I Understand

- Put mobiles on my right or left side about 30cm away so I can see them.
- Move the mobile to the center of the crib in front of me when I am a month old.
- Change my position occasionally so I can look at different things.



30cm away



## How I Feel (Emotional)

- Spend time with me whenever you can.
- This will help me feel safe and secure by letting me know that you are always there.
- Let me listen to wind chimes, music or musical toys.

