

*Talk to your neonatal team,
health visitor or early intervention
provider, together you can learn
more about your baby's behaviour*



SENSORY
BEGINNINGS

The information is based on research by Dr Heidelise Als, and NIDCAP (Neonatal Individualized Developmental Care Assessment Program)

For more information about understanding baby
behaviour, please go to
www.nidcap.org
www.brazelton.co.uk
www.bliss.org.uk

For more information on sensory development,,
please go to
www.sensorybeginnings.com



Human Behaviour

"The most important thing in
communication is hearing
what isn't said."

Peter Drucker



SENSORY
BEGINNINGS



Whether your baby is born early, if they are sick or if you are at home, all new parents do the same thing, you sit and watch.

Together with your baby you learn about each of their tiny movements, their colour changes, how they settle, how they like to be held, how they respond to their brand new sensory world.

Here are some examples of when a baby is not feeling comfortable. These behaviours tell us that something doesn't feel right. We need to stop, and change what we are doing to help them feel more comfortable and calm.



- / Colour changes; deep red/paleness/mottled skin
- / Changes in breathing pattern
- / Hiccoughs
- / Sneezes
- / Yawns
- / Spit ups
- / Stretched arms or legs
- / Wide spread fingers
- / Wide spread toes
- / Raised eyebrows
- / Pursed lips
- / Twitches
- / Tremors

These behaviours of stretching arms and hands out are seen in children and adults too. They are a clear indication that something needs to change.



If you observe any of these behaviours, stop what you are doing, change your handling or try one of these to help your baby calm.

- / Rest your hands on your baby
- / Let them push against your hand with their feet
- / Give them a finger to hold
- / Give them something to suck
- / Bring their hands to the middle
- / Pick your baby up and let them snuggle in
- / Slow, gentle rocking
- / Supporting their hand near their mouth

