

Baby You're Amazing!

Busting some myths about newborn babies

Newborns cannot see

(They can see and focus at around 25-30 cm - and can therefore focus on the mother's face)

Newborns cannot hear

(They can turn their heads to sound from birth and prefer the mother's voice)

A baby's smile is wind and is not 'real' until about 6 weeks

(When alert and focussed on the mother's face, many babies smile in response to their mother's smile soon after birth)

If you spend a lot of time holding your baby, you are making a rod for your own back

(Carrying your baby helps him/her feel safe and promotes later independence)

Babies prefer toys to faces

(Babies prefer faces to toys. A mother's face is a baby's best toy)

All newborns do is sleep, cry, feed and eliminate waste products

(Newborns communicate with their caregivers by listening, looking, engaging in interaction, turn-taking)

When a baby puts their hand to their mouth and sucks, it means they're hungry

(Sometimes, but babies also put their hands to their mouth and suck to soothe themselves)

