

Visit Four

Lesson Summary

- 1. Infants thrive on routine and they love predictability.
- 2. Your baby's day is a continue repeat of three activities: feeding time, waketime and nap time in that precise order.
- 3. Between birth and two weeks, a baby's feeding time is his waketime.
- 4. Between weeks three and five your baby's waketime begins to separate from feeding times.
- 5. By week six, your baby's waketimes become a separate activity.
- 6. The time between feedings is measured from the beginning of one feeding to the beginning of the next.
- 7. If you need to awaken your baby during the day to prevent him from sleeping longer than the 3-hour cycle, do so! Such parental intervention is necessary to help stabilize the baby's digestive metabolism, help him organize his future sleep.
- 8. The exception to the rule above is the late evening and middle of the night feeding.
- 9. When attempting to establish a plan, parents must determine the first feeding of the day and try to stay as close to it as they can.
- 10. The word "flexibility" means to stretch but return to normal. Once the baby's routine is established, flexibility is a necessary part of parenting. If there is no routine, there is no flexibility, just random chaos during the day.
- 11. A growth spurt is a biological response that occurs when a baby requires additional calories for a specific growth transition or to restore depleted energy to the cells.
- 12. Growth spurts usually take place around 10 days after birth, followed by 3 weeks, 6 weeks, 3 months, and 6 months.
- 13. Babies have abnormal and normal cry periods. Abnormal means baby is crying when baby should not be crying. They include:
 - a. Crying during a feeding
 - b. immediately after a feeding
 - c. in the middle of a nap period

- 14. There are times throughout the day when babies tend to cry. These times are normal and expected, and include:
 - b. possible crying just before a feeding
 - c. when going down for a nap or nighttime sleep.

- 15. Understanding the difference between normal and abnormal cry periods, and how to properly respond to both will place any parent in a better position to make an informed decision when it comes to their baby's cry. But knowing what to do when your baby cries, doesn't make it any easier to hear your baby cry.