

Baby Behavior



New moms and dads know how exciting it is to have a new baby at home. They also know it can be a stressful time full of questions. Learning to understand your new baby's behavior can help new parents feel more relaxed and secure.

Sleeping: Frequent feedings and waking through the night can be stressful, but it's normal and healthy. By 6-8 weeks babies sleep more through the night.

Crying: Crying is upsetting for a reason, to get your attention! Babies cry less as they get older.

Cues: Cue in to early signs that baby wants to be near you, or may need a break. Knowing these signs can help parents keep baby calm and happy.

Current WIC participants can get helpful information on baby behavior by visiting their local office and speaking with a professional or right in their home by accessing wichealth.org. To learn about baby's sleep patterns log in and select the pregnant tab to learn about "Understanding your Baby's Sleep." Select the infant tab to learn about "understanding Your Baby's Cues." Instructions on creating an account on wichealth.org can be viewed on the [Online Education page](#). These topics can be viewed any time and saved for later use. You will also be able to use this site in place of your nutrition education appointment by viewing topics and emailing or bringing in a copy of the certificate of completion to your WIC office.

And don't forget you can call your WIC office at any time with questions or concerns at 319-233-1851.