

Nine Instinctive Stages

There are nine observable newborn stages in the first hour or two after birth when a baby is placed immediately skin to skin with its mother. These are innate and instinctive to the baby.

Stage 1 – The birth cry

The distinctive cry occurs immediately after birth as the baby's lungs expand.



Stage 2 – Relaxation

It is as though baby is taking a deep breath after this unusual experience of labour and birth. "Whew that was quite something to experience!"



Stage 3 – Awakening

The newborn exhibits small thrusts of movement in the head and shoulders. He is feeling the wide spaces around him.



Stage 4 – Activity

The newborn begins to make increased mouthing and sucking movements as he starts to explore his environment with his mouth.



Stage 5 – Rest

Baby may have periods of rest between the activity during the first couple of hours after birth. Just let him be and he will continue in his own time.



Stage 6 – Crawling

Baby "crawls" using sliding, pushing, leaping and crawling movements to reach the breast and nipple.



Stage 7 – Familiarisation

Baby becomes acquainted with the nipple by licking the nipple and touching and massaging the breast.



Stage 8 – Suckling

The newborn takes the nipple, self-attaches and suckles. This usually begins about an hour or so after birth.



Stage 9 – Sleep

The baby and probably mom as well will fall into a restful sleep together.

