

9 INSTINCTIVE Stages after Birth

01. Birth Cry

Birth cry/sound as the lungs expand.

A period of recovery where there is stillness - no movement of baby's mouth, head, arms, legs or body.

02. Relaxation

03. Awakening

Small thrusts of head (side to side or up and down). Small movements of limbs and shoulders.

Mouth activity; moves limbs; moves head; determined movements; pushes without moving/rocking; roots; hand breast mouth movement; active hand movements around mouth.

04. Activity

05. Crawling

Pushes/slides/leaps/moves which results in shifting body to the breast and nipple.

Pauses within a stage or between stages.

06. Rest

07. Familiarization

At the mother's breast/nipple area; makes soliciting sounds; moves hand to mouth to breast; puts thumb/finger in mouth; touches tongue to nipple; massages breast; roots on breast mouths breast; licks nipple; tongues hand repeatedly licks nipple/suck attempts.

Self-attaches and suckles.

08. Suckling

09. Sleep

A Falls asleep.