



[M]OTHERBOARD RESOURCES

THE MAGICAL HOUR

All babies, no matter how they are born, go through nine phases after they're born. These stages show how babies "come into themselves," discover their surroundings, and find food.

HEALTHY CHILDREN PROJECT - NINE STAGES

STAGE 1 - THE BIRTH CRY

This distinctive cry occurs immediately after birth as your baby's lungs expand.

STAGE 2 - RELAXATION

Your baby exhibits no mouth movements and the hands are relaxed. This stage usually begins when the birth cry has stopped. Your baby is skin to skin with you, covered with a warm, dry towel or blanket.

STAGE 3 - AWAKENING

Your baby exhibits small thrusts of movement in the head and shoulders. This stage usually begins about 3 minutes after birth. The newborn in the awakening stage may exhibit head movements, open his eyes, show some mouth activity and might move his shoulders.

STAGE 4 - ACTIVITY

Your baby begins to make increased mouthing and sucking movements as the rooting reflex becomes more obvious. This stage usually begins about 8 minutes after birth.

STAGE 5 - REST

At any point, your baby may rest. They may have periods of resting between periods of activity throughout the first hour or so.



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STAGE 6 - CRAWLING

Your baby approaches the breast during this stage with short periods of action that result in reaching the breast and nipple. This stage usually begins about 35 minutes after birth.

STAGE 7 - FAMILIARIZATION

Your baby becomes acquainted with you by licking the nipple and touching and massaging your breast. This stage usually begins around 45 minutes after birth and could last for 20 minutes or more.

STAGE 8 - SUCKLING

Your baby takes the nipple, self attaches, and suckles. This early experience of learning to breastfeed usually begins about an hour after birth. If you have had analgesia/anesthesia during labor, it may take more time with skin to skin for the baby to complete the stages and begin suckling.

STAGE 9 - SLEEP

You and your baby fall into a restful sleep. Babies usually fall asleep about 1½ to 2 hours after birth.

To learn more about “The Magical Hour,” please visit their website at www.magicalhour.com