“I want to be near you!”

How does your baby tell you she wants to be near you? Babies tell us they want to be near us by:

♥ Keeping their eyes open and their face relaxed
♥ Trying to reach toward us
♥ Lifting their faces and smiling if they are old enough

“I need a break!”

How does your baby tell you he needs a break or something different? When babies need a break or a change they:

♥ Turn their heads or their whole bodies away for a moment
♥ They can stiffen up their bodies and fuss a little
♥ They might yawn, rub their eyes, or give you other tired signs

Often giving your baby a little break or soothing him will stop him from getting more upset and calm him more quickly.