



## Tips for Growing Your Baby's Brain

### Tip #8: Balance Your Patterns

Your baby's first task in life is to become organized by developing regular patterns. It is important for parents to be available and responsive when their baby is in the quiet alert state, because this is when babies will make many of the brain connections they will need in the future.

When parents are tired and out of step with their baby's sleep and wake patterns, they may not feel like playing and interacting when baby is ready. Also, if parents try to change their baby's patterns to match their own, the baby will become more disorganized and fussy.

Especially in the first two months, it's best for parents to change their own patterns as much as possible to match the baby. Here are a few suggestions to get you and your baby in step with one another:

- If you can, sleep when your baby sleeps.
- If your baby has been sleeping for more than one and a half hours during the day and is lightly stirring, gentle waking can shorten the sleep cycle.
- Feeding can be delayed a little by giving the baby a different activity, such as rocking or a walk in the stroller. Don't upset your baby by delaying a feeding if he is really crying.

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Being upset will not help baby become organized. Try to anticipate and meet your baby's needs before she gets upset.