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**Author** Teri Macy  
**Date** 10/04/2010 9:56 PM 10:00 PM  
**Title** Mother and baby learn together to balance sleep for learning and growing.  
**Full Status** Approved by Chronicle Administrator on 10/05/2010 06:00 AM  
**Tags** newborns, baby, sleep, hat, cap, nap, gift, mothers, infant  
**Blurb** Balance sleep for learning and growing; a two-part game for mother and baby to learn sharing equal time for the brain and the body.  
**Body** What is the first challenge a new born baby encounters? It is the cold! Think about the temperature of the room the baby enters upon his birth. It certainly isn't as warm as his mother's body. Babies must absorb this shock. Good thing they are pretty tough. They also know nothing about the new world they are in. Their little minds have so much to learn. So babies must learn quickly, especially since they don't even know how to breathe. That is their first learning task. Marvelously, they learn that in just a few seconds with their first cries. Their lungs fill with air and they turn a beautiful pink. They have learned the suckling motion in the womb, but they have never eaten. Soon their mother will place them against their breasts and they instinctively seek their mother's protective milk. Within four weeks, the new little baby will have put on 2 lbs. and is ready to have their first trip outside. Baby is really eager to learn more. Maybe it will be a trip with mother to the grocery store. This trip is an overload on their little body systems in a big way. The store is bright, noisy and smelly. The baby's nerves are super sensitive. Every smell is a new sensation never before experienced. Think about the smell of broccoli or strawberries! It is the same brand new experience for sounds. This is a strange new world of loud, odd, never before heard noises. The baby's hearing will never be as good again as it is at birth. Over the years loud noises will damage their excellent hearing. The baby's eyes, however, are not that good at birth. As a matter of fact their lenses can't even focus at birth. It takes some time for the baby's eyes to really see. At two months, they can see colors and shapes. At 4 months they can identify their mother's face. But it isn't until 20 months, that the child will have 20/20 vision. Eating and sleeping are the two most important things to a newborn. They need mother's milk just about every two hours at first. As their stomach grows, the length of time between feedings grows too. But little babies still can only manage about 2 hours of wakefulness before they need and crave to sleep again. They are growing so fast that their bodies need this down time to put their energy into a growing. After 3 months, weight gain slows down and in 8 months all of their senses are fully working. Babies instinctively know they need to eat a lot and need to sleep a lot. That is why they get cranky or over tired if too long a period elapses before their needs are met. Overstimulation, prolonged activity, too much light and action is just going to wear the baby out. They can only learn so much, be exposed to so much, and pack so much into their little brains, before they know they have to rest and give their body a chance to catch up, rest and grow. It is a two part game between the brain and the body, and the mother has to help the baby share equally in the learning and in the growing process. When mothers are aware of this beautiful phenomenon, they can help their baby accomplish this balance, by using her good sense and a consistent schedule. Mothers can use help products such as the ingenious Baby NapCap. It is a new patented product that is a sleep aid and a sun shade. Visualize a soft comfortable, washable cotton baseball cap with a bill that is not firm. The portion that fits on the head is soft and stretchable. The bill or veil is delicate cotton that falls down over the baby's sensitive eyes. It is made of a light material in a shape that floats over the baby's nose and is curved so as not to interfere with breathing. It calms the baby by blocking out all the surrounding stimulation and allows the baby to relax, promoting sleep safely. NapCap also can be used to shield the baby from light and distractions, as in that busy grocery store, for example. NapCap can also be used as a typical cap to keep the baby's head warm, or as a sun visor to help protect their light sensitive eyes when they are in places like the stroller, car or traveling. Mothers can take NapCap with them everywhere they go to help their babies adjust to their brand new and challenging environment.

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