

Normal Newborn Traits: Head to Toe Guide



Muscle tone

Moving their arms and legs \ (not limp or 'floppy')\).

Head shape

Might be an unusual shape from birth, should go back to a normal shape by around 6 weeks.

Reflexes

Typically present from birth for a term newborn: sucking \ (drink milk from breast or a bottle)\), rooting \ (finding your nipple and start feeding)\), moro \ (startle reflex)\) and palmar \ (grasp reflex)\).

Fontanelles

'Soft spots' on a newborn baby's skull that should feel soft and flat.

Eyes

Should be clear and alert.

Ears

Typically hear sounds right from birth, wax will be cleared from the ears naturally.

Nose

Newborns breathe only through their nose for the first 4-6 months.

Mouth

Pink and moist, tongue freely moving and extending past their lips.

Neck

Moves freely and has no lumps or swellings.

Skin

In the first few months, your baby's skin is thin and sensitive while it continues to develop.

Belly button

The umbilical stump will fall off naturally in a week or two. As it dries it will shrink and turn brown/black.

Stomach

Only needing small amounts of milk in the first few days. As they grow, their stomach will be able to take in larger amounts. Newborns might bring up milk between feeds. Known as 'possetting' or 'spitting up'.

Wee and poo

Most babies fill their nappies at, or around every feed. Wee is usually light

to dark yellow in colour. Colour of poo can vary widely from green, brown to mustard or yellow.

Hips

Many babies are born with hips that feel loose when moved around, and usually gets better on its own over time.

Feet

Should appear in a typical position \ (not turning too much inward, outward, upward or down\).