

Week 1 of a Baby's Life: Reflexes and Adaptation



HIGHLIGHTS

The first week is a key stage of adaptation to the outside world
Most skin changes are part of normal physiology
Primitive reflexes help the baby survive
Frequent feeding and close contact with the mother support successful breastfeeding
Sleep may reach up to 19 hours per day

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GENERAL NEWBORN ADAPTATION

PHYSIOLOGY OF THE FIRST WEEK

does not require treatment

resolves on its own

occurs in about 50% of full-term and up to 80% of preterm infants

toxic erythema of the newborn

infant acne

the baby can easily overheat

and can just as easily become chilled

children under one year should not be taken to saunas or steam baths

clothing and outdoor conditions should be chosen carefully

sucking and rooting reflexes

protective reflex

grasp reflex

proboscis reflex

support and automatic stepping reflex

Moro \(\startle\) reflex

Babinski reflex

asymmetrical tonic neck reflex

Galant and Perez reflexes

moves arms and legs chaotically

adapts to open space

begins to recognize and respond to the mother's voice

breast milk is the optimal source of nutrition

feeding on demand is recommended

feeding frequency may reach every hour

a normal volume in the first week is about one tablespoon

if the volume approaches that of a full feeding, medical attention is required

may sleep up to 18-19 hours per day
is awake only about 15-20% of the time

cuddling
gentle interaction
skin-to-skin contact

have more taste receptors than adults
can already distinguish sweet and bitter tastes
begin to recognize salty taste closer to 5 months of age

turning away from unpleasant odors
turning toward the smell of their mother's milk

reduces stress levels in the baby
supports the establishment of breastfeeding
strengthens the emotional bond between mother and child