

## 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 support the baby's survival  
Frequent feeding and close contact with the mother support breastfeeding  
Sleep may reach up to 19 hours per day

### In This Article

General newborn adaptation  
Physiology of the first week  
Newborn thermoregulation  
Primitive reflexes  
What a baby can do  
Feeding and spit-ups  
Sleep  
Taste and smell  
The newborn adjustment period

### General Newborn Adaptation

## **Physiology of the First Week**

### **Newborn Thermoregulation**

### **Primitive Reflexes**

### **What a Baby Can Do**

Moves arms and legs chaotically  
Adapts to open space  
Begins to recognize the mother's voice

### **Feeding and Spit-Ups**

Breast milk is the optimal source of nutrition  
Feeding on demand is recommended  
Feeding frequency may reach every hour

### **Sleep**

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

### **Taste and Smell**

Newborns have more taste receptors than adults  
They can distinguish sweet and bitter tastes  
Sensitivity to salty taste develops closer to 5 months

### **The Newborn Adjustment Period**