

Discover What Your Baby is Trying to Tell You

<http://voices.yahoo.com/discover-baby-trying-tell-you-4855414.html?cat=25>

If you think babies learn to communicate at about 12 months old, then think again. You might be interested to know that babies have the ability to communicate from the moment of birth.

Learning to read your baby's body language can save you endless nights and days because you'll be able to understand what it is your little one needs from you.

Crying

The most basic form of communication your baby uses is his cry. When your newborn cries, it is probably because he is hungry, tired, uncomfortable, needs of diaper change, or just gassy. If you listen carefully to your baby, if you will realize that he or she has five different distinct cries; each one having a different meaning.

Pricilla Dunstan, an Australian mother with a photographic memory for sound, developed a system that helps parents identify their baby's cries. According to this method, a newborns cry is actually a physical reflex to a particular need. That means that all newborns three months and younger share similar cries.

According to Dunstan, it is important for parents to learn to listen to their baby's cries because if a parent does not respond to these cries, the infants in eventually stops using them. You can learn more about this method on [Pricilla Dunstan's website](#).

Kicking

Almost every baby kicks their legs. Wonder what it means?

Kicking could simply be a form of entertainment for your baby. It also means that your little one is amused by something. It could also be a way to get your attention, especially if you look at your baby every time he or she kicks. Finally, kicking can be a simple way your baby explores the world around him or her. For example, you might find your baby kicking water when you give your little one a bath.

Rubbing or covering his or her eyes

Rubbing or covering of the eyes probably means that your little baby is ready for a nap or is tired, especially if it's been awhile since they slept. If they are tired, the rubbing of the eyes will be accompanied by cranky and fussy behavior.

If they are not tired, it could mean that your little baby is trying to play peek-a-boo with you.

Arching the back

If your baby arches his or her back, he or she is probably upset. You will know if year she is upset if the arch their back and are screaming or fussy as well.

It could also mean that your baby is in pain. If your baby arches his or her back during or right after feeding, it could indicate gas pain. Simply giving your baby gas drops may help. If the pain persists contact the pediatrician for more information.

The more time you spend with your baby the more you'll understand your baby's body language. Many times, learning how to interpret the subtle cues your baby sends you.