

The Magical Hour - Baby's Nine Instinctive Stages



1. **The Birth Cry.**
2. **Relaxation** - After the birth cry stops, the mouth and hands become relaxed. The baby should be skin to skin with the birthing parent, and have some mouth activity.
3. **Awakening** - Usually starts around 3 minutes after birth. The baby may open their eyes, move their shoulders and show some mouth activity.
4. **Activity** - Usually begins around 8 minutes after birth. During this stage, baby may: Keep eyes open; Look at the breast; Salivate (dampen parent's skin); Root by moving their mouth from side to side by rubbing the cheek against the parent's chest; Bring hands to their mouth; Move their hand to the parent's breast/chest and back to the mouth; Stick out tongue; Look at parent; Massage parent's breast with one or both hands.
5. **Rest.**
6. **Crawling** - Usually begins around 35 minutes after birth.
7. **Familiarization** - Usually begins around 45 minutes after birth, lasting around 20 minutes. Will touch and/or massage parent's breast; Lick parent's breast and/or nipple; Look at parent; Make sounds; Mouth their hand; Stick out tongue.
8. **Suckling** - About an hour after birth, the newborn should take the nipple, self-attach and suckle. It may take more time with the baby skin to skin to complete the previous stages if the parent has had medication for pain or an epidural.
9. **Sleep.**