



A newborn's reflexes

- **Rooting reflex** — This reflex helps a newborn find her mother's breast. If you stroke your baby's cheek, she'll turn her head toward your finger and open her mouth. This reflex helps encourage a baby to latch and promotes healthy feeding.
- **Sucking reflex** — When a nipple (breast or bottle) is placed into your baby's mouth and touches the roof of her mouth, she automatically begins to suck, promoting healthy feeding in young babies.
- **Tonic neck reflex** — As your baby lies on her back and turns her head to one side, her arm on that side will extend while the opposite arm bends, all intent to regain her balance. This reflex helps her become aware of her body positioning and the need to strengthen muscles to ensure stability.
- **Grasp reflex** — When you place an object in the palm of your baby's hand, she'll wrap her fingers around it. She'll eventually learn she can choose to grasp what she wants, and let go of what she doesn't.
- **Munching reflex** — Babies jaws will move up and down when something solid is placed into their mouth. This simple reflex helps them practice their chewing skills for later.