



## Understanding Reflexes

**Babinski reflex** – Toes flex outward when the bottom of the foot is stroked.

**Moro reflex (startle reflex)** - extends arms, then pulls them in toward body. This is caused by loud sounds or sudden movements.

**Palmar hand grasp** - closes his hand and “grips” your finger \*note: until he learns how to let go of his grasp, don’t give him a rattle.

**Placing** - leg extends when bottom of the foot is touched.

**Plantar grasp** - If you touch the area/crease where your baby’s toes start, his toes will curl.

**Rooting and sucking** - Turns head in search of nipple when cheek is touched and begins to suck when nipple touches lips \*note: babies need to suck at this stage. After you have established breastfeeding (2-3 weeks) you can use a pacifier to help satisfy this urge.

**Stepping and walking** - takes brisk steps when both feet are placed on a surface, with his upper body supported by you.