

## **Week 1 of a Baby's Life: Reflexes and Adaptation**



### **GENERAL NEWBORN ADAPTATION**

The first week of life is a period of intense adaptation to life outside the mother's body.

The baby's organism is rapidly reorganizing, innate survival mechanisms are activated, and the mother becomes the main source of safety, warmth, and comfort.

A baby is considered a newborn during the first 28 days of life; however, the very first week is the most intensive in terms of . After nine months of a protected adapts to open space, a new rhythm of life, and a much larger world. Through her voice, scent, touch, and helps the baby adapt gently and safely.

### **PHYSIOLOGY OF THE FIRST WEEK**

In the first days of life, a newborn's skin noticeably, which often causes concern for parents.

Physiological Jaundice

On days 2-4 of life, a jaundice - a temporary increase in indirect bilirubin levels in the blood.

This is a :

does not require treatment

resolves on its own

occurs in about 50% of full-term and up to 80% of preterm infants

### Other Skin Changes

During this period, the following may also appear:

toxic erythema of the newborn

infant acne

These conditions are not related to the mother's diet and do not require strict dietary restrictions or medication.

## **NEWBORN THERMOREGULATION**

A newborn's thermoregulation system is still immature:

the baby can easily overheat

and can just as easily become chilled

Newborns do not sweat yet; therefore:

children under one year should not be taken to saunas or steam baths  
clothing and outdoor conditions should be chosen carefully

## **PRIMITIVE REFLEXES**

Primitive reflexes are innate of life. At this stage, most movements and reactions are reflex-based, as voluntary skills have not yet developed.

As the nervous system matures, these reflexes gradually fade and transform into purposeful movements. Their presence, symmetry, and gradual weakening are

important indicators of normal neurological development.

The main reflexes of the first week include:

sucking and rooting reflexes  
protective reflex  
grasp reflex  
proboscis reflex  
support and reflex  
Moro \(\startle\) reflex  
Babinski reflex  
asymmetrical tonic neck reflex  
Galant and Perez reflexes

## **WHAT A BABY CAN DO**

During the first :

moves arms and legs chaotically  
adapts to open space  
begins to recognize and respond to the mother's voice

There are no conscious skills yet - all movements are primarily reflex-based.

## **FEEDING AND SPIT-UPS**

In the first days of life, a baby may lose up to 10% of birth weight - this is a normal .

Breastfeeding

breast milk is the optimal source of nutrition  
feeding on demand is recommended  
feeding frequency may reach every hour

Spit-Ups

Spit-ups are common in the first months of life.

a normal volume in the first week is about one tablespoon  
if the volume approaches that of a full feeding, medical attention is required

## **SLEEP**

During the first week of life, a newborn:

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

Short periods of wakefulness are best used for:

cuddling  
gentle interaction  
skin-to-skin contact

## **TASTE AND SMELL**

Newborns:

have more taste receptors than adults  
can already distinguish sweet and bitter tastes  
begin to recognize salty taste closer to 5 months of age

Taste preferences start forming before birth and are influenced by the mother's diet.

From birth, babies actively respond to smells:

turning away from unpleasant odors  
turning toward the smell of their mother's milk

## **THE NEWBORN ADJUSTMENT PERIOD**

The main reference point in the new world.

Her voice, scent, and warmth help the safe.

Frequent skin-to-skin contact:

reduces stress levels in the baby

supports the establishment of breastfeeding

strengthens the bond between parent and child