



NEWBORN REFLEXES

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Reflexes are involuntary movements or actions that your baby makes. They can be spontaneous or in response to an action. Your healthcare provider will check for these reflexes to make sure your child is responding as expected. Here are the reflexes you can look out for with your child:

ROOTING:

When the corner of the baby's mouth or cheek is gently touched or stroked, the baby will open their mouth and turn their head in that direction. This reflex helps your baby find a bottle or your breast when feeding. This reflex typically goes away when your baby is 4 months old.

SUCKING:

When the roof of the baby's mouth is touched, they will begin to suck. This is a survival instinct, but it can take some practice as the baby works out the rhythm of sucking and swallowing.

MORO REFLEX:

This is also called the startle reflex. When the baby is moved suddenly or hears a loud sound, they will tilt their head back and extend their arms and legs before quickly pulling them back in and crying. This reflex typically goes away when your baby is 2 months old.

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ASYMMETRICAL TONIC NECK REFLEX:

This reflex is also referred to as the fencing reflex, and it lasts until your baby is between 5 and 7 months old. When your baby turns their head to one side, their corresponding arm straightens, and the opposite arm bends at the elbow, making them look like they are fencing. Your baby should show this reflex with both sides of their body.

GRASP REFLEX:

When stroking the palm of your baby's hand, they will close their hand around your fingers. This happens until the baby is about 5 or 6 months old. You can see a similar reflex on your baby's feet, because if you stroke their feet, you'll see their toes curl. That reflex lasts a bit longer, until the baby is approximately 9 months old.

STEPPING REFLEX:

If you hold your baby upright with their feet touching a flat surface, they'll move their feet around and appear to be taking steps. It's sometimes called the walking or dancing reflex because of their leg movements. This reflex typically disappears around 2 months of age.

It's essential to remember that these reflexes are a normal part of your baby's development. However, if you have any concerns about your baby's reflexes or developmental progress, don't hesitate to discuss them with your pediatrician.

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