

NEWBORN CHECKLIST (©Diane Bahr): A Full-Term Baby (40 weeks gestation)

Place a check mark next to the characteristics you see in your newborn baby

Typical Full-Term Newborn Baby (40 weeks gestation)	YES	NO
TYPICAL NEWBORN MOUTH/FEEDING DEVELOPMENT		
Has a closed mouth & easy nose breathing when resting/sleeping (nothing in mouth)		
Rests tongue in the roof of the mouth to maintain broad palate shape		
Is free of tongue, lip, and/or cheek ties		
Moves tongue toward the side of touch (transverse tongue reflex)		
Gags when back ½ of tongue stimulated (gag reflex)		
Has a full set of sucking/fat pads in cheeks		
Opens mouth, closes eyes, & moves head forward when base of palm pressed (Babkin reflex)		
Roots when cheeks/lips stimulated leading to suck (rooting reflex)		
Has good sucking, swallowing, & breathing coordination		
Uses anterior tongue reflex to grasp & pull breast into mouth		
Breastfeeds with breast drawn deeply into mouth & good lip seal		
Sucks & swallows breast milk or formula approximately 1 per second (swallowing reflex)		
Bottle-feeds with body upright at a 45+ degree angle to the horizon (ear above mouth)		
Bottle-feeds using paced, baby-led, bottle-feeding		
Cups/Grooves tongue when feeding (different on breast than bottle)		
Latches lips properly on breast or bottle (different on breast than bottle)		
Tightens grasp on finger during sucking (grasp reflex)		
Moves lower lip out for latch when palm touched (palmomental reflex)		
Mouths own hands & fingers near front of mouth		
Suckles hands & fingers approximately 2 per second (non-nutritive suckling reflex)		
Has rhythmic biting pattern when gums stimulated (phasic bite reflex)		
TYPICAL NEWBORN BODY DEVELOPMENT		
When Held Upright		
Lifts & holds head up in line with body for a few seconds (birth to 1 month)		
When on the Stomach		
Rests head to one side or other on cheek		
Can bring hand to mouth on side to which head is turned		
Can lift & turn head using head, neck, & lower spine lifting muscles		
Has elbows bent & lifted with hands close to shoulders at rest		
Has knees & ankles bent at rest		
Shifts weight toward shoulders as hips are lifted allowing head to lift & turn		
Moves legs more than the arms		
Moves legs in thrusting or crawling motion (birth to 1 month)		
When Turning Head & Body to Each Side		
Turns body to the side of head-turn from lying on the back (full head-turn; log roll)		
Roots to stimulate head/body turning toward breast or bottle in side-lying		
When on the Back		

At rest, usually has arms & legs close to body with a small head-turn, as well as knees & thighs in the air with feet resting on a surface		
When moving, straightens arms & opens hands or bends arms & closes hands, as well as kicks legs energetically & rhythmically		
Bends body, arms, & legs at the same time (birth to 1 month); straightens body & tries to straighten arms & legs (birth to 1 month, tonic labyrinthine reflex)		
Closes hand around adult's finger or object (grasp reflex), & can bring hand to mouth on side where the head is turned		
Turns body with head (when head turns fully) to the side of head turn (log roll)		
Roots to stimulate head/body turning toward breast or bottle, & can move head down, up, & sideways to adjust head position		
Uses vision best with head & neck supported, & follows objects with eyes from side to middle of body at 8 to 9 inches distance		
Seems to move arms with eye gaze (possible beginning of eye-hand organization), & visually prefers strong contrast black & white patterns		
Arms, legs, hands, & head extend, quick breath, then arms come together with hands closed & loud cry with abrupt changes in head position & unexpected environmental changes causing increased heart/breathing rate & blood pressure (moro/startle reflex)		
Moves arm & leg outward on the side toward the baby's head turn; arm & leg on the other side of the body bend at the knee & elbow (asymmetric tonic neck reflex)		

Primary References

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