

9 Stages	Time after birth	What baby is doing
Birth cry	After birth	Distinctive cry familiar to midwives as baby expands his lungs. <i>'I've arrived'</i>
Relaxation	After birth cry	No mouth movement. Hands and body totally relaxed. <i>'Just give me a moment – it's a bit overwhelming'</i>
Awakening	2-4 mins	Small thrusting movements of head and body. Eyes beginning to open. Some shoulder movement. <i>'Mmn smells, feels and sounds familiar'</i>
Activity	4-12 mins	Stable open eyes, rooting, salivating, hand to mouth, hand to breast to mouth, tongue protrusion. <i>'I'm in a safe environment to go exploring'</i>
Rest	Frequent	Lots of rest periods after activity. <i>'I'm really new to this – I need to take things slowly as I'm processing and integrating what I've learnt before moving on to the next stage!'</i>
Crawling	18-54 mins	Crawling, sliding, leaping and drawing up knees to push forward. Lots of rooting, searching. <i>'Surprising myself and helping my Mum by massaging her womb and get the oxytocin flowing'</i>
Familiarisation	29-62 mins	VERY important stage – can last 20 mins or more. Licking nipple, touching, massaging breast. Begins to interact with Mum and Dad. Stimulating Mum's hormones. <i>'Please don't rush me – I need to work this out for myself so I won't need so much help later'</i>
Suckling	49-90 mins	Self attaches after working out best approach and begins to feed. <i>'I did it all by myself – well perhaps with a little help from Mum!'</i>
Sleeping	90-120 mins	<i>'Satisfied, sleepy and safe – life is good so far'</i>