



NEUROLOGICAL
REFLEXES IN
NEWBORNS
SIMPLIFIED!!!



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Babies are so adorable aren't they? Let's ignore the fact that their cries can frustrate you at times but aren't they just so cute?

The reason for that cuteness most times are based on the way they smile, twist, turn and respond to one's actions despite their inability to speak actual words. Have you noticed that some of their actions are similar? For example when you place your finger on the palm of any new born baby they are most likely to hold on to it?

Yes!!! They are called **NEUROLOGICAL REFLEXES**

WHAT ARE NEUROLOGICAL REFLEXES?

In very simple words, they are involuntary movements instantly made in response to a stimulus (e.g sound, light, movement, touch etc.)

In much more simpler words, if you touch or hold a newborn at a particular part of their body or in a certain way, there is a particular way the baby will respond.

Is that clear? Now let's get into the various types of neurological reflexes present in a new born.

1. Rooting reflex



When you touch the side of the baby's lips and move it away, the baby will turn its head and mouth towards your finger. The baby will also open its mouth to "suck".

This reflex is present in the first 3 - 4 months of the baby's life.

2. Moro Reflex



When you raise a baby up supporting the head and trunk (such that the baby is at a 45-degree angle) and suddenly allow the head and shoulder to drop (still holding the baby though), the baby will spread out the arms.

The reflex is present in the first 8 weeks of life

3. Sucking and swallowing reflex



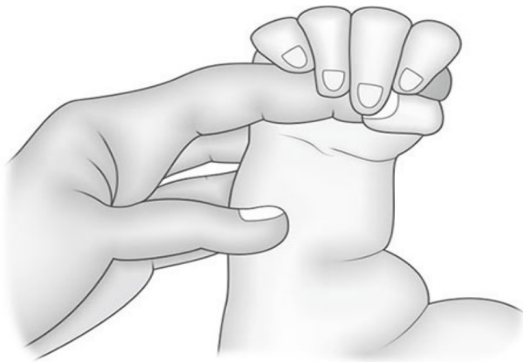
This happens when a finger or nipple is placed in the baby's mouth. The reflex is well coordinated with breathing and is essential for feeding and adequate nutrition.

4. Gag, cough and sneeze reflex



When there is an obstruction along the baby's airway, the coughs or sneezes in an attempt to remove the obstruction. This reflex carries on throughout life.

5. Palmer reflex



When a finger, pencil, biro or any substance of the same shape and consistency is placed on the palm of a baby, the baby will grasp it

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6. Planter reflex



When the base of a baby's foot is stroked, the baby coils up its toes

7. Blinking or cornea reflex



When a baby's eyes are stimulated by a sudden movement or sudden loud voice/sound, the baby blinks. This is to protect the eyes from trauma.

8. Automatic walking or stepping reflex



When you support a baby in an upright position and the baby's feet touch a flat surface, the baby will stimulate walking.



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