



Baby Language:  
How Baby Communicates

**PDHC PARENTING CLASS**

# Baby Communicates from Birth

**sounds**

**facial  
expressions**

**body  
movements or  
gestures**



Baby makes  
SOUNDS

CRYING

COOING

SQUEALING

Baby makes  
FACIAL  
EXPRESSIONS

EYE CONTACT

SMILING

GRIMACING

Baby  
communicates  
with his  
MOVEMENTS

Baby moves arms and  
legs in excitement or  
distress

Later, baby will gesture  
(pointing to things)

# 0-3 MONTHS

Recognizing baby's different cries



IT IS IMPORTANT TO  
CATCH BABY BEFORE HE IS  
SCREAMING.

# The Priscilla Dunstan Story



Watch Video

<https://www.youtube.com/watch?v=-c8roMHV35Q>





Priscilla Teaches  
New Mothers the  
Dunstan Baby  
Language

Priscilla Dunstan

<https://www.youtube.com/watch?v=9zSajTrCnKs>

# BABY'S FIVE WORDS

NEH

OWH

EH

EAIRH

HEH



"NEH"

- " I'm Hungry."
- Listen for "N" sound
- Based on sucking reflex
- Baby's tongue touches the top of his mouth
- May suck fingers or fists

## WHAT TO DO?

- Feed your baby



“OWH”

- "I'm tired"
- Based on the yawn reflex
- Mouth is in an oval shape
- Baby may yawn or rub his eyes

## WHAT TO DO?

- Help baby fall asleep



"EH"

- "Burp me."
- Baby has air bubble in the stomach
- Baby's chest tightens and pushes air out

## WHAT TO DO?

Help baby burp

- Lie baby on his back and rub his belly
- Put baby in sitting position on your lap and rub belly or back
- Gently rock baby back & forth on your lap
- Put baby on shoulder, tap back



Baby may wake up needing to burp.  
Burp baby and he may go back to  
sleep!





"EAIRH"

- Needs to release gas, has moved to the intestines
- Baby may stiffen and grimace or pull legs up
- If "EH" is not addressed can turn into "EAIRH"

## WHAT TO DO?

- Gently massage baby's belly in a clockwise direction
- Place baby on his belly and massage his lower back
- Pump his legs back and forth (like riding a bike) while he's on his back
- Place baby on his belly over your shoulder or knee and rock him back and forth applying pressure to his belly
- Giving baby a warm bath can help

## SOME BABIES MAY BE SENSITIVE TO CERTAIN FOODS IN MOM'S BREASTMILK

If Baby is Breastfeeding, monitor gassy foods you eat that may contribute to baby's discomfort

## SOME COMMON FOODS THAT MIGHT CAUSE GAS FOR YOU AND FOR YOUR BABY







"HEH"

- "I'm uncomfortable"
- Triggered by touch receptors
- Baby may have a wet or messy diaper, be cold or hot, or position might be uncomfortable

## WHAT TO DO?

- Check baby's diaper
- Add clothing or take some off
- Readjust baby's position

If you cannot  
Understand the  
“Word”

## REPOSITION YOUR BABY

- Put baby on his belly on your lap and pat his back
- Put up to your shoulder
- Lie baby on his back

## Hearing 2 “Words”

### LISTEN TO THE PATTERN

- It is common to hear 2 words at one time
- Usually baby will be saying one word more than the other

### EXAMPLES

- NEH, NEH, OWH, NEH, NEH, NEH, OWH...

#### **Address NEH, Feed Baby**

- OWH, EH, EH, OWH, EH, EH, EH...

**Address EH, Burp Baby first** and see if crying continues and then address the other need

## Baby or Mom are Frustrated

**TAKE**

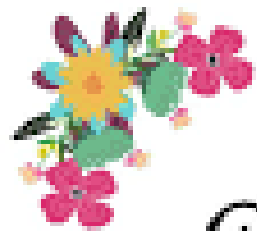
- TAKE A DEEP BREATH

**DO**

- DO WHAT YOU WOULD NORMALLY DO

**TRY**

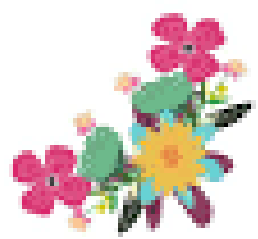
- YOU CAN TRY TO UNDERSTAND BABY'S CRIES ANOTHER TIME



Behold

Children  
are a  
Heritage  
of the  
Lord

PSALM 127:3





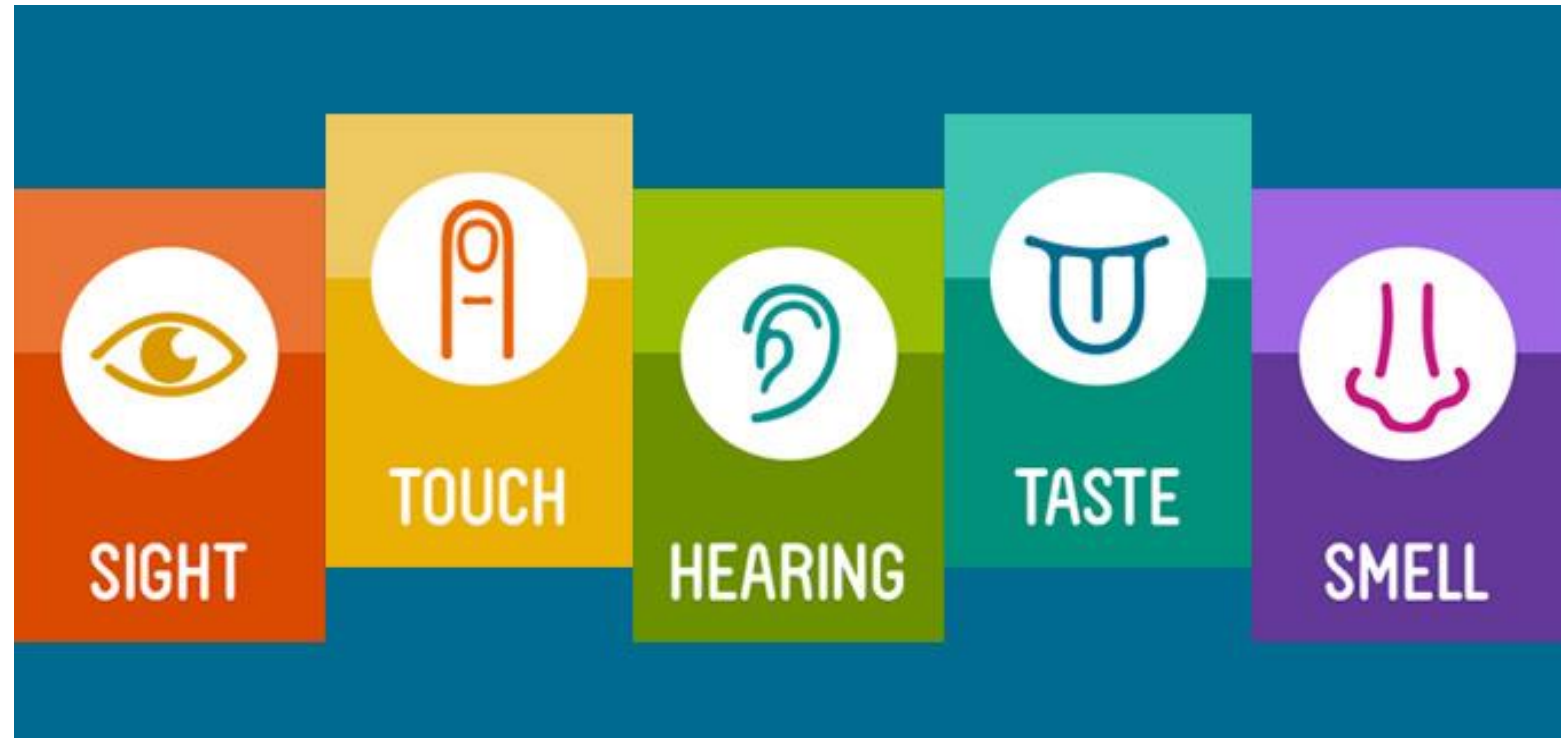
UNDERSTANDING  
YOUR CHILD

Babies have a  
Dominant Sense

## **THE DOMINANT SENSE HAS A MAJOR INFLUENCE ON:**

- **HOW A CHILD EXPERIENCES HIS WORLD**
  - **HOW A CHILD COMMUNICATES HIS NEEDS TO OTHERS AROUND HIM.**
  - **HOW A CHILD LEARNS**
- **Everyone prefers a type of sensory stimuli**
  - **A certain type of sensory stimuli registers most quickly**

What is your  
baby's dominant  
sense?







**SIGHT**

**IF VISION IS DOMINANT**

- **A CHILD MAY BE UNHAPPY IF SOMEONE MOVES THEIR ARRANGED TOY**
- **A CHILD MAY REFUSE TO EAT A DISH BECAUSE IT IS UGLY**
- **A CHILD WHOSE DOMINANT SENSE IS SIGHT IS CONCERNED WITH HOW THINGS LOOK**
- **USES WORDS LIKE SEE, LOOK, WATCH**



**TOUCH**

**IF TOUCH IS DOMINANT**

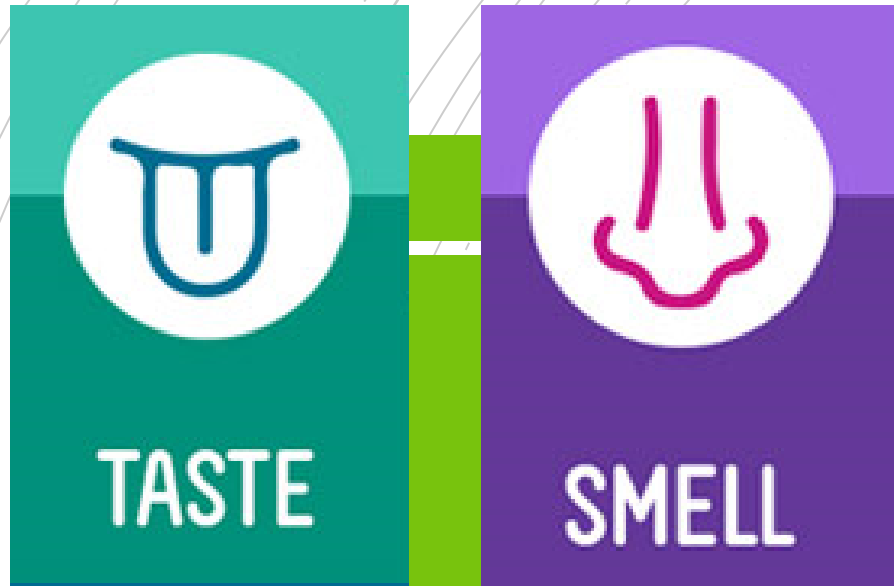
- **BABY WANTS TO BE HELD A LOT**
- **CHILD ENJOYS MASSAGE**
- **CHILD MAY PUSH YOU AWAY IF ANGRY**
- **CHILD MAY FEEL OVERWHELMED IN CROWDS AND CONFINES SPACES, BUT ALSO IN WIDE OPEN SPACES**
- **USES ACTION WORDS SUCH AS COME, DO, PLAY i.e. “COME HERE MOMMY!” “LET ME DO IT.”**



HEARING

IF HEARING IS DOMINANT

- BABY MAY BE VOCAL OR WHINY AND COMPLAIN THAT YOU AREN'T LISTENING ENOUGH
- BABY MAY SMILE WHEN HEARING INSTRUMENTAL MUSIC OR SINGING
- BABY MAY CRY WHEN HEARING LOUD NOISES OR TOO MANY DIFFERENT NOISES
- USES SOUND-BASED WORDS SUCH AS LISTENING, HEAR, AND TONE
  - i.e. “**You’re not listening**” or “**Your tone is mad**”



IF TASTE OR SMELL IS  
DOMINANT

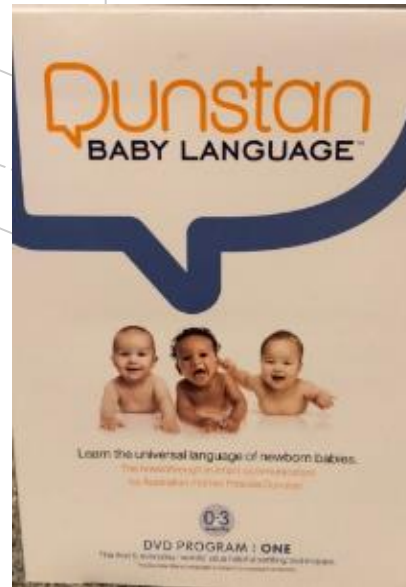
- **THESE CHILDREN CAN BE OVERLY SENSITIVE**
- **CHANGES IN DIET AND LOCATION CAN BE STRESSFUL**
- **Taste/smell children will use exaggerated emotive words such as sad, happy and like. i.e. “I am very, very sad about the popsicle!”**

Priscilla Dunstan's  
online course is  
available

- Priscilla Dunstan is recognised as one of the world's top parenting experts. She has helped tens of thousands of new parents' bond with their newborns with her revolutionary language techniques.
- You can learn the language quickly and conveniently in Priscilla Dunstan's online course, with instruction and dozens of video examples of babies saying the different words.
- <http://www.dunstanbaby.com/>

# OPTIONAL LEARNING

RESOURCES BY  
PRISCILLA DUNSTAN



## CALM THE CRYING



Using the **DUNSTAN  
BABY LANGUAGE**

The Secret Baby Language  
That Reveals the Hidden Meaning  
Behind an Infant's Cry

**PRISCILLA DUNSTAN**

Founder of Dunstan Baby Language and the Priscilla Dunstan Research Center

child sense

How to Speak Your Baby's Language:  
the Key to Successful Parenting from Birth to Age 5

As  
seen on  
Oprah



**PRISCILLA DUNSTAN**

The Australian Mum Who Discovered the

TAKE THE  
POST-TEST

POST-TEST

[https://docs.google.com/forms/d/e/1FAIpQLSfQehKlxbXWQaWjfbx-2X2xpT\\_zWRyC1I0aKtWinqL8FpTnGQ/viewform?vc=0&c=0&w=1&flr=0](https://docs.google.com/forms/d/e/1FAIpQLSfQehKlxbXWQaWjfbx-2X2xpT_zWRyC1I0aKtWinqL8FpTnGQ/viewform?vc=0&c=0&w=1&flr=0)



## RESOURCES

<https://www.webmd.com/parenting/baby/features/infant-gas#1>

[https://www.zerotothree.org/resources/302-how-to-support-your-child-s-communication-skills#:~:text=Babies%20communicate%20from%20birth%2C%20through,late%2C%20gestures%20like%20pointing.\)](https://www.zerotothree.org/resources/302-how-to-support-your-child-s-communication-skills#:~:text=Babies%20communicate%20from%20birth%2C%20through,late%2C%20gestures%20like%20pointing.))

<https://www.hachette.com.au/priscilla-dunstan/child-sense-how-to-speak-your-babys-language-the-key-to-successful-parenting-from-birth-to-age-5>

<https://www.youtube.com/watch?v=-c8roMHV35Q>

<https://www.youtube.com/watch?v=9zSajTrCnKs>

[https://www.heraldextra.com/lifestyles/parenting/child-sense-what-your-child-s-tantrums-can-tell-you/article\\_89af7400-1afb-5813-ad9b-a3fc8b28d1f4.html](https://www.heraldextra.com/lifestyles/parenting/child-sense-what-your-child-s-tantrums-can-tell-you/article_89af7400-1afb-5813-ad9b-a3fc8b28d1f4.html)

<https://arlenetaylor.org/articles-monographs/taylor-articles/relationships/79-sensory-preference#:~:text=Sensory%20Preference%20refers%20to%20the,data%20that%20registers%20most%20quickly.>

[https://www.heraldextra.com/lifestyles/parenting/child-sense-what-your-child-s-tantrums-can-tell-you/article\\_89af7400-1afb-5813-ad9b-a3fc8b28d1f4.html](https://www.heraldextra.com/lifestyles/parenting/child-sense-what-your-child-s-tantrums-can-tell-you/article_89af7400-1afb-5813-ad9b-a3fc8b28d1f4.html)