

Baby Body Language





Let's take a moment to
settle.....



A little about me;

Neuro Developmental Practitioner

Biodynamic Craniosacral Therapist

Integrative Baby Therapist

Birth Mask Reveal Practitioner

An Identical Twin and womb survivor

Mother to three amazing humans!






Just to say.....

- We have all come across the veil and conceived
- We have all experienced womb
- We all have a birth story
-**What do you know about yours?**

All these journeys can
leave us with profound
imprints that affect the
way we live our lives
going forwards.....





Baby Body Language

An insight into how
we share our earliest
experiences



Humans love to communicate 😊

- Two main types:
 - **Verbal** - spoken word
 - **Non-Verbal:**
 - Makes up approximately 70-93% of the way we communicate
 - Facial Expressions
 - Body language
 - Gestures

What about Babies?

- No real comprehensible verbal language until approximately 2 years old
- Rely on;
 - **Crying** = Verbal
 - **Baby Body Language** = Non-Verbal..... to get their needs met





Verbal : **Crying**

- Three types:
 - Needs Crying
 - Memory Crying
 - Dissonance Crying



1. Needs Crying

- When the baby is expressing a present moment need such as:
 - Hunger
 - Feeling uncomfortable - too hot , too cold
 - Over stimulated/overwhelmed
 - Under stimulated/bored
 - Tiredness

--> when the need is met, the crying stops

www.dunstan-babies.com - Dunstan Baby Language - Priscilla Dunstan who has decoded baby sounds: ca, ger, owh, heh, guen....



2. Dissonance Crying

= Feeling a lack of safety

- Occurs when the baby experiences a lack of harmony in the relational field.....
- Need to identify and locate the disturbance in the field to bring the relational field back into coherence

3. Memory Crying

- Occurs when the baby is experiencing sensations or images relating to earlier life experiences

➔ **They are trying to tell their story**

- Associated with repetitive body movements = **Baby Body Language**
- Pre & Perinatal Thoughts on **Colic**



Baby Body Language

Two types:

Fixed - relating to the last few weeks of pregnancy and birth

Active - Body movements that can include prenatal themes:

Sperm/Egg Dynamics

Conception

Implantation

Discovery

Umbilical Effect





Fixed Baby Body Language – two types:

- **Conjunct Sites**
 - **These are the places that hold the imprint of the baby's story**
 - A baby may repeatedly touch a part of their head or body when they are in memory cry
 - They are showing you a part of their body that met/contacted with their mother's pelvis or another structure long enough to create a compression in their body
 - e.g., pregnancy -fibroids
 - Birth - mechanical interventions such as ventouse, forceps

Fixed Baby Body Language

(continued)

- **Conjunct Pathways**

- A pathway of stress and compression that has been created by the baby's head or body being pushed or dragged over a hard surface
 - e.g., over the maternal Lumbar Sacral Promontory
- It is usually visible
 - Birth Lie Side



Active Baby Body Language

Usually
associated with
Memory Crying

Has Emotional
tones

- Anger/rage
- Sorrow/grief
- Anxiety/terror





Active Baby Body Language

- **Non-random** - the movement has meaning and is asking to be seen
- **Non-Volitional** - not a movement the baby consciously makes



Active Baby Body Language & the Umbilical Cord

- Many of the baby body language movements are associated with our relationship with the umbilical cord

= **Our Prenatal Lifeline**




Active Baby Body Language relating to the Umbilical Cord

- **Pulling on the neck of clothing** - relationship with the cord
- **Hitting the belly button area** with their hand - an indication of the forcefulness of whatever came through the cord
- **Pushing feet back and forth across the floor** - pushing the 'bad' away, feeling uncomfortable
- **Making fists in the air/squeezing clothing** - trying to regulate the flow (Moro/palmar reflexes)



Active Baby Body Language: Metaphorical Umbilical Mouth Movements (MUMMMs)

Exercise:

- Tighten your lips together & notice where else you feel a responsive tightening in your body
- 

Active Baby Body Language: Metaphorical Umbilical Mouth Movements (MUMMMs)

- The belly button is where we 'ingest' everything during our time in womb
- The mouth is where we ingest once we are born
- Hence, it makes sense that these two areas are inextricably linked, that there is an inherent relationship
= **Umbilical Dynamics**



Active Baby Body Language: Metaphorical Umbilical Mouth Movements (MUMMs)


- MUMMs give an insight into our prenatal relationship with our umbilical cord
- The foetus is the full stop..... at the end of the cord.....
 - We marinate in our mother's soup.....
 - Our parents are marinading in the soup of the outer world
 - What was happening for our parents during our pregnancy?
 - How did we manage the flow of substances up and down this conduit?

Types of Metaphorical Umbilical Mouth Movements (MUMMMs)

- Repeatedly **licking their lips** – something tasty, good to consider, want to take in
- **Pushing/pursing lips together** – not letting anything in, defensive action, do not want
- **Gulping breath** – taking in sharp downloads of good stuff
- **Pushing out an exhale** – attempting to push something away with the breath
- **Straw Sucking** – working hard to get the good stuff

Metaphorical Umbilical Mouth Movements (MUMMMs)

- We can continue to subconsciously express our early relationship with our umbilical cord via MUMMMs throughout life

 Possible implications for the future relationship with food and drink

- Sucking & Rooting, Gagging Reflexes
- Feeding styles, eating disorders, obesity

Some Adults Expressing MUMMs





Baby Body Language through life

- Children and adults will still go to these places when feeling a similar emotional charge in present time - reflect back to the original imprint
- Often relates to **times of transition or a developmental stage** - which due to their nature bring a similar sense of **stress & overwhelm**
 - Toddlerdom
 - Puberty
 - Moving house
 - Going somewhere new
 - Starting school or a new job.....
 - Meeting new people

Baby Body Language you may see in session work & possible meaning

- **Repeatedly bringing a hand to the chest** – Discovery
- **Placing one's hand repeatedly on a part of the head/body** – showing a conjunct site
- **Zig Zag movements of the head** – making a 'No' movement
 - difficulty negotiating Stage 2 of birth/ moving through the pelvic outlet
- **Jigging the right leg up and down** – Sperm tail/Sperm Journey
- **Arching the middle back** – trying to prevent the entry of an influx of badness through the umbilicus
 - often accompanied by rigid legs (TLR in Ext)



Baby Body Language you may see in session work & possible meaning (continued)

- **Gesticulating hands when speaking** – possible indication of size of the umbilical cord/reference to stage of pregnancy
 - Notice the emotional tone
- **Swiping feet**– trying to remove the presence of negative substances
- **Pushing the top of a pen in & out of their mouth** – possible intubation



Differentiating Baby Body Language from other Body Language

- Babies and children move a great deal
- This is necessary to integrate different functions and primitive reflexes, many of which emerge in utero
- The sensory information from the initial movements is integrated by the CNS for future use

But remember.....**Baby Body Language** is:

- **not random**
- **has an emotional content**
- **is more jerky**
- **Usually associated with shock/stress**

So, when assessing your clients....

- be **curious**.....
- pay attention to their body language
.....as this can give you valuable insights into their
early history / womb and birth journey

Credits to: Karlton Terry/ Baby Therapy,

Conscious Embodiment Trainings/Matthew Appleton & Jenny Meyer

Thank you for
your attention!



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