



The Happiest Baby in the Center

A crying baby can certainly feel overwhelming, but be reassured that with time and practice, you will learn a baby's cries and the soothing strategies that work best. Here's the information you need to cope with a crying baby because there is no sweeter sight than a sleeping baby.

Developed by:
Child Care Training Consultants, LLC



The Happiest Baby in the Center
by
Theresa Vadala, Ed. D
Child Care Training Consultants, LLC
Las Vegas, Nevada 89139

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**Applying New Knowledge:
Learning & Transfer**

Child Care Training Consultants, LLC

The Happiest Baby in the Center

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Course**

**3 Clock
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CEU**



Dr. Theresa Vadala

Doctor of Education in Educational Leadership, Curriculum and Instruction Design

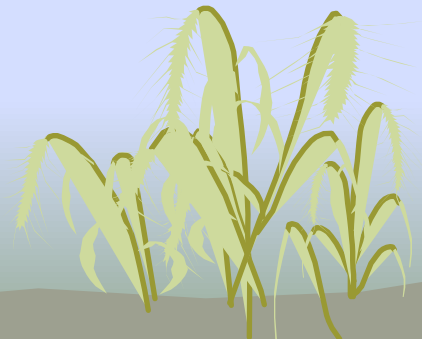
Website: www.childcarentrainingclasses.org

Email: childcarentrainingconsultants1@gmail.com

702.837.2434

Agenda

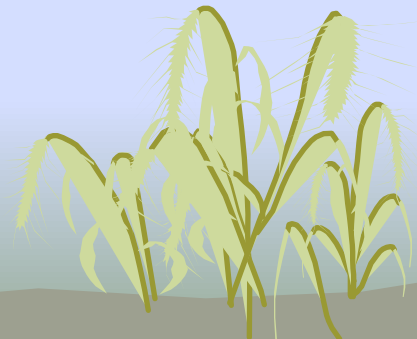
- Calming a baby
- Myths about babies
- Normal crying
- Theories about colic
- The 5 S' s
- Resources



Learning Objectives

Learners will be able to:

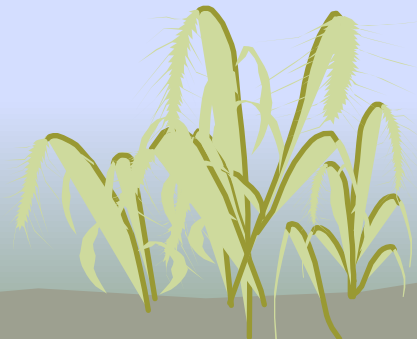
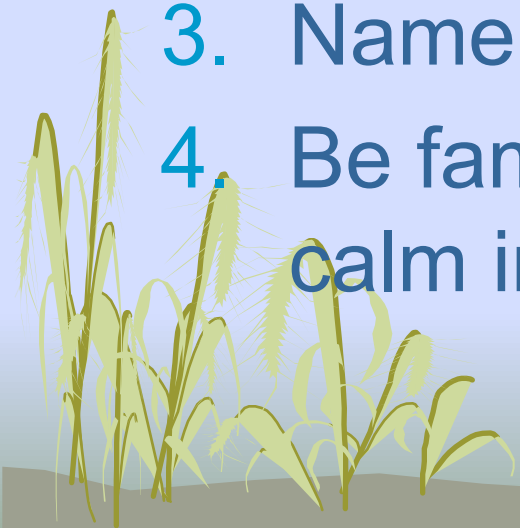
1. List the five S' s.
2. Identify behaviors that increase the calm a baby.
3. Discuss common myths about colic.
4. Be familiar with resources to help you calm infants in your care.



Learning Outcomes

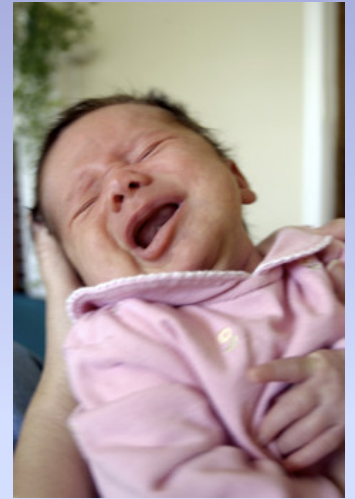
By the end of this session, you should be able to

1. List the five S' s.
2. Identify behaviors that interrupt a calm baby.
3. Name 2 common myths about colic.
4. Be familiar with resources to help you calm infants in your care.

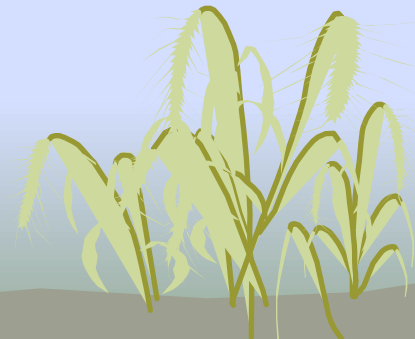
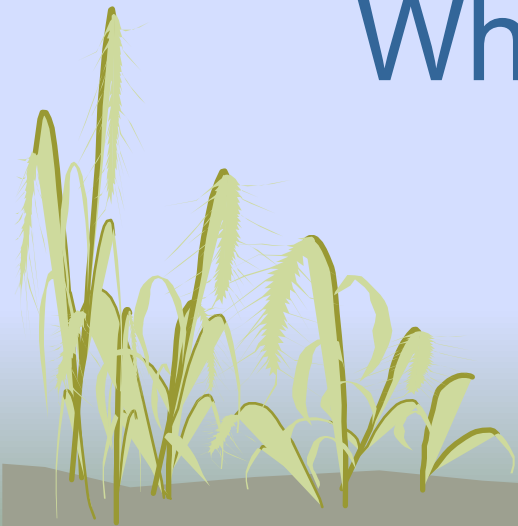


Calming a Baby

- Is she hungry? Feed her.
- Is he wet? Change his diaper.
- Is she lonely? Pick her up.
- Is he gassy? Burp him.
- Is she cold? Bundle her up.

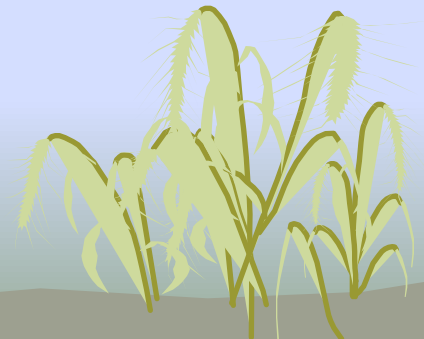
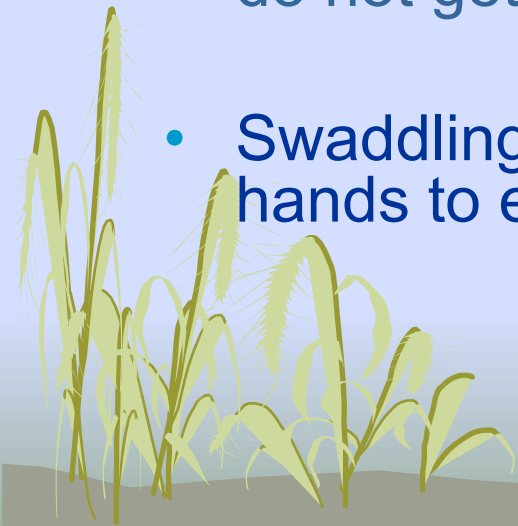


What if NOTHING works?



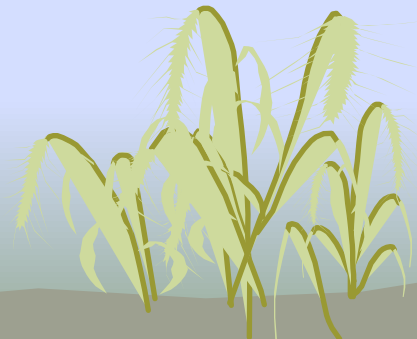
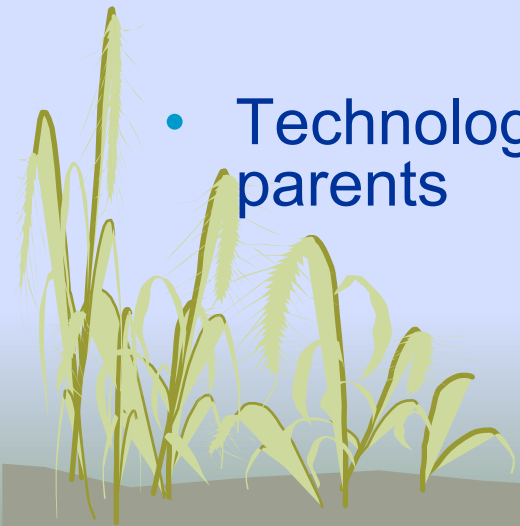
“Myth ” Conceptions about Babies

- Women naturally know how to care for babies
- The nuclear family is normal
- Babies are ready to be born after 9 month
- Newborns need us to whisper and tiptoe so they do not get over-stimulated
- Swaddling is bad for babies because they need free hands to explore the world

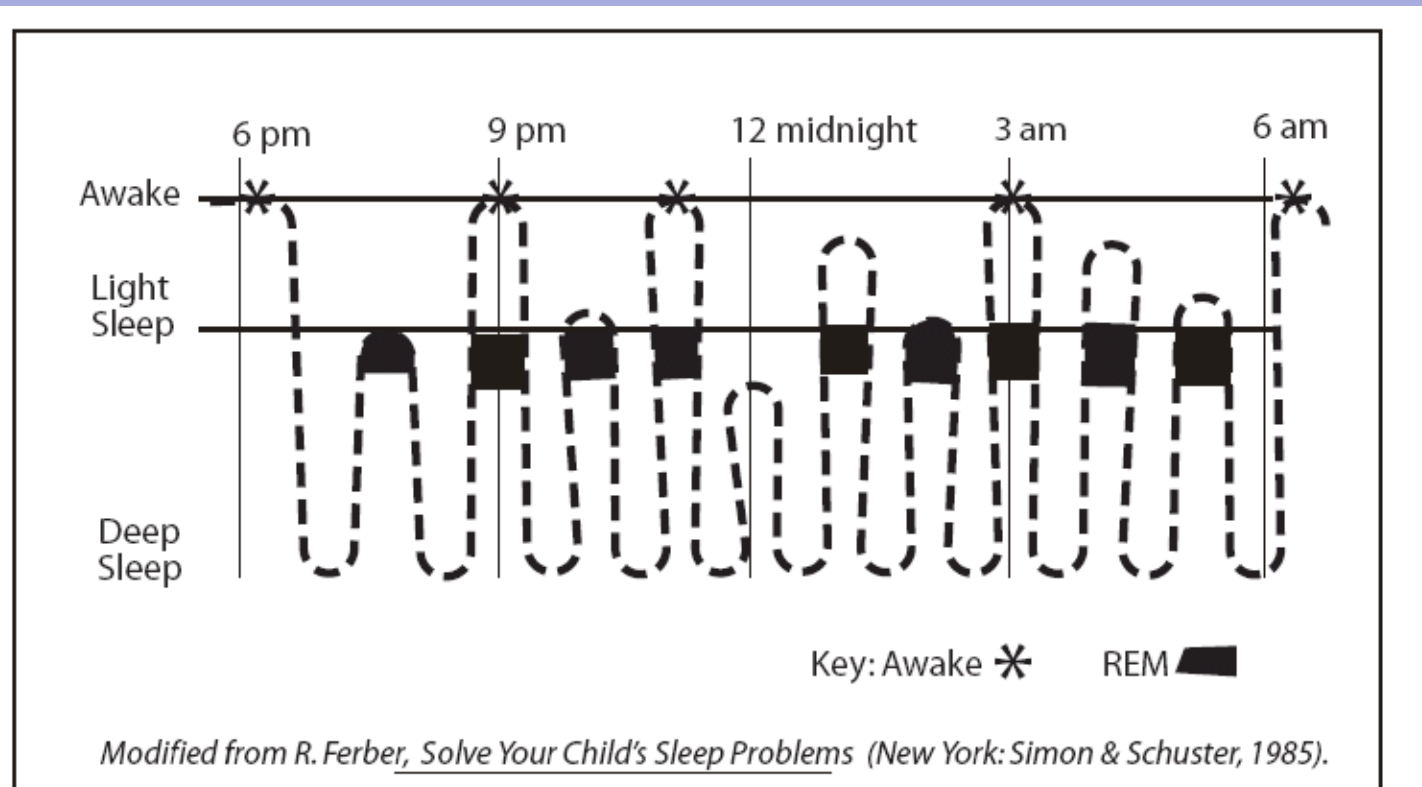


“Myth ” Conceptions continued...

- Some babies just cry and there's nothing you can do to stop it
- Babies with loud painful sounding cries have gas
- Going to the baby every time she cries will spoil her
- Women are better at calming babies than men
- Technology has the answers to the problems of new parents



Baby's Sleep Cycle



The Magic 6th S - Sleep

- Infant's normal pattern
- Using the 5 S's to help babies stay asleep

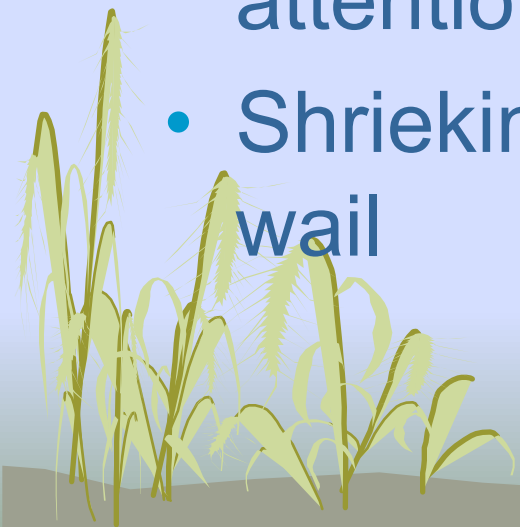


What is “Normal” crying?



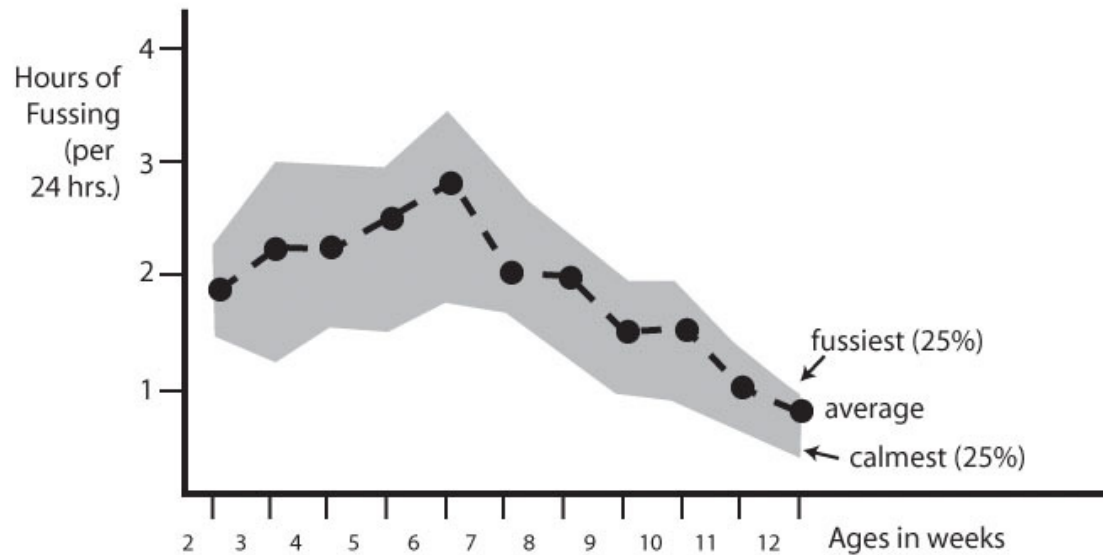
The 3 Stages of crying:

- Whimpering: mild fussing sounds more requesting than complaining
- Crying: good strong yelp demands your attention
- Shrieking: a piercing, glass shattering wail



Normal crying continued...

Total Hours of Fussing (80 babies)

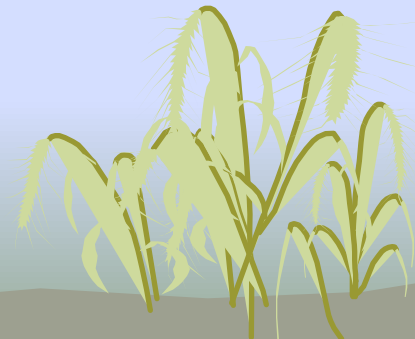


Modified from T. Berry Brazelton, *Crying in infancy*, *Pediatrics* 1962;4:579.

What is Colic?

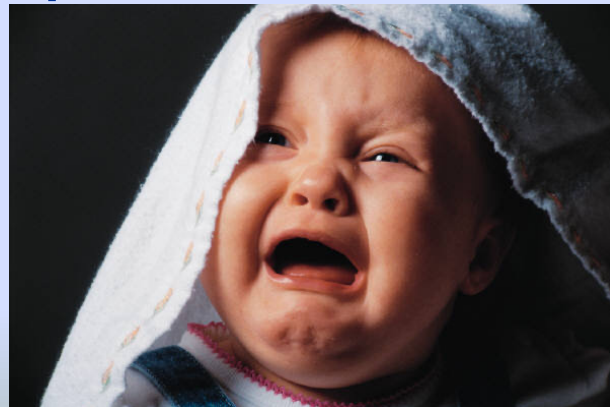


- Colicky babies:
 - Are not relieved by the comforts of feeding and holding
 - Often doubles up and grunts
 - May start and stop their screaming abruptly
 - Have a shrill cry that resembles the sound they make when they're in pain



Today's Theories About Colic

- Gastro-Intestinal Problems
 - Minor Problems – Constipation, gas
 - Major Problems – GERD, allergies
- Maternal Anxiety
- Difficult Infant Temperament
- Brain Immaturity



Ancient Theories of the Cause of Colicky Crying

1. The baby caught a draft
2. The baby's spirit is unhappy
3. The mother's milk is too rich or thin
4. A trauma during pregnancy has made the baby fearful



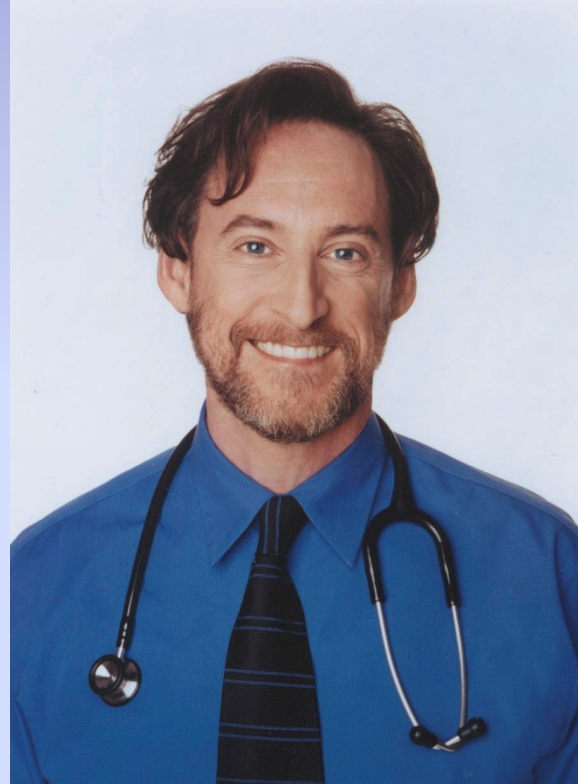
How to tell if the baby has Colic?

- The “Rule of Threes”
 - A baby has colic if she cries at least:
 - Three hours a day
 - Three days a week
 - Three weeks in a row



What is “The Happiest Baby on the Block?”

- Dr. Harvey Karp



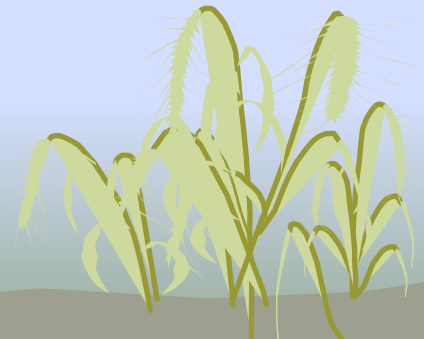
The Absence of Colic in other Cultures

- Women hold their infants almost 24 hours a day
- Feed the infants frequently
- Constantly rock and jiggle their babies
- Imitate the womb



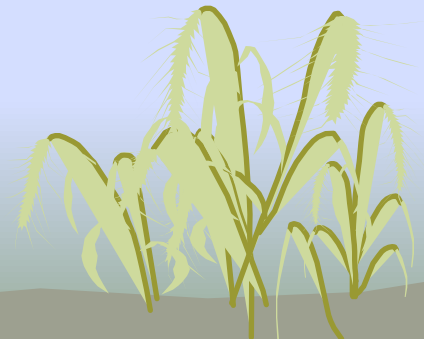
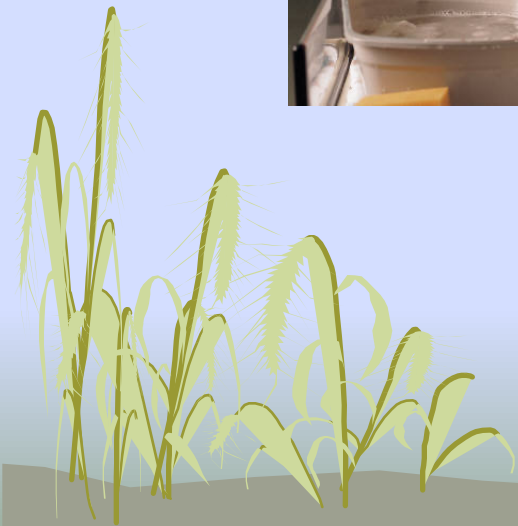
Prolonged Crying

- Stress
- Nursing Failure
- Marital/Family strife
- Depression
- Abuse/Shaken Baby Syndrome



The “missing fourth trimester”

- The 3 day to 3 month comparison

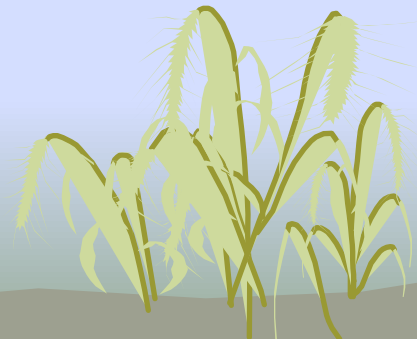
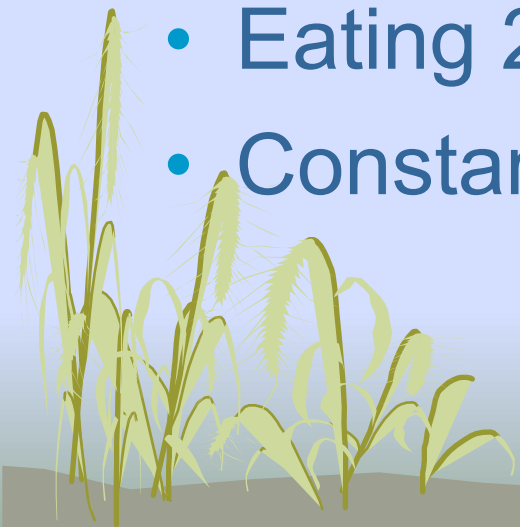


The “Missing 4th Trimester”

What was it like in the Womb?

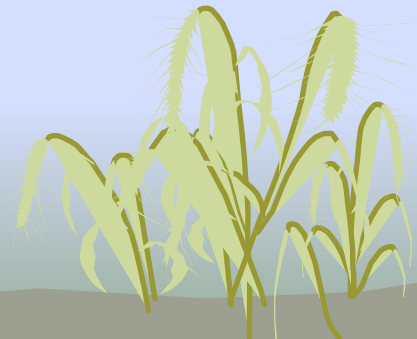
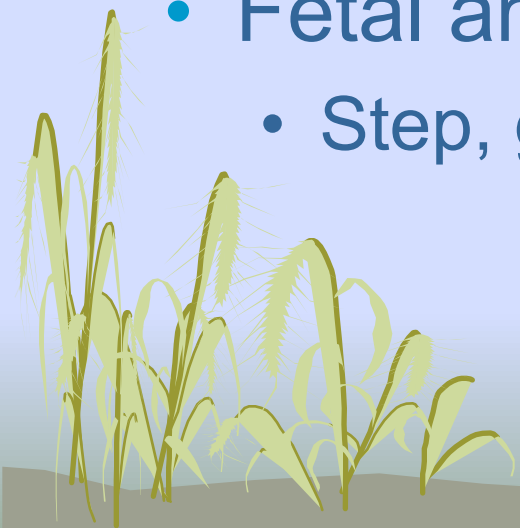
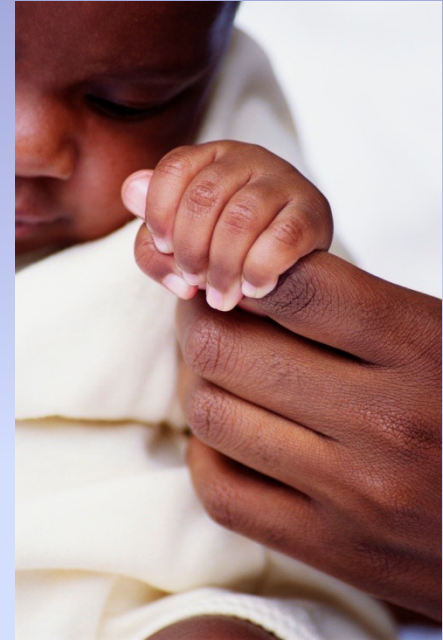
From conception the baby had:

- Tight Environment
- Loud Noise
- Consistent temperature
- Eating 24/7
- Constant movement



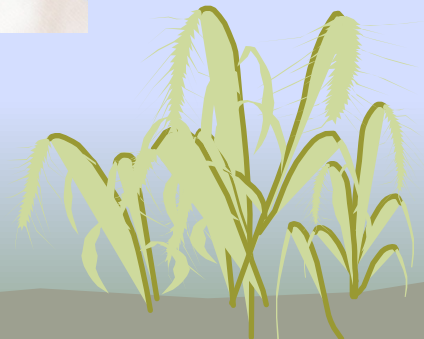
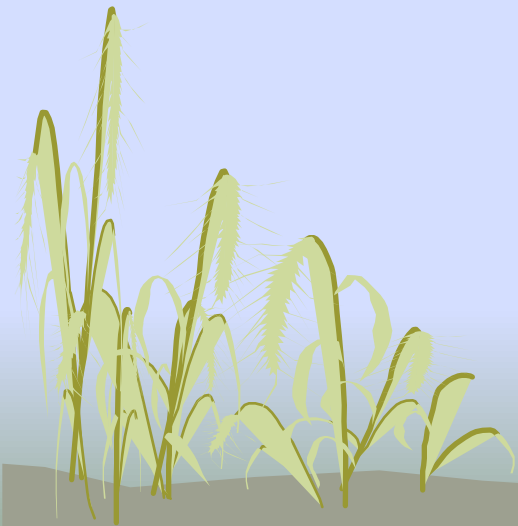
The baby's reflexes and cues

- Keeping safe reflexes
 - Crying, sneezing
- Getting a meal reflexes
 - Rooting, sucking
- Fetal and leftover reflexes
 - Step, grasping, the Moro reflex



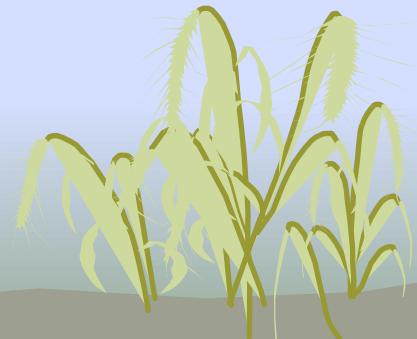
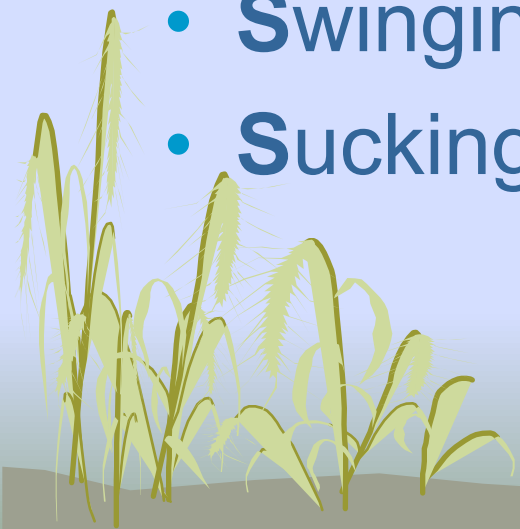
The Calming Reflex

- Natures Automatic Shut-off Switch for Baby's Crying
- A “primitive” reflex



The 5 S's

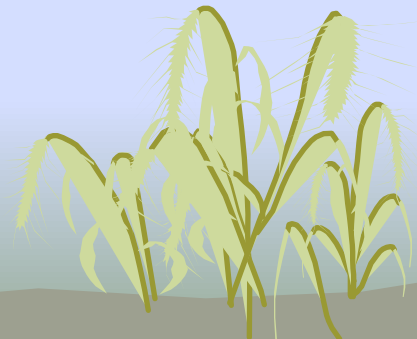
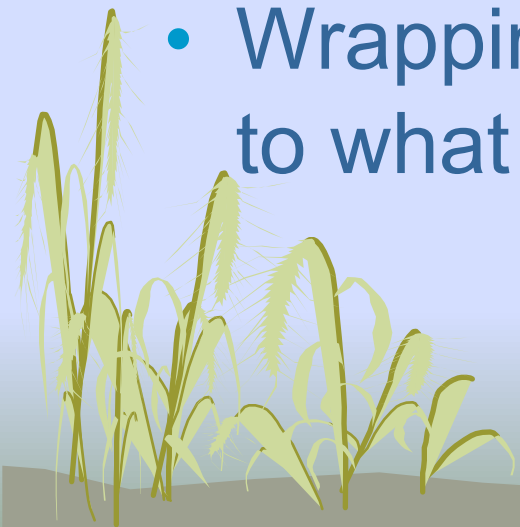
- **Swaddling** - tight wrapping
- **Side/Stomach** - holding a baby on his/her side or stomach
- **Shushing** - loud white noise
- **Swinging** - Rhythmic, “jiggly” motion
- **Sucking** - sucking on a nipple, finger or pacifier



Swaddling – The cornerstone of calming

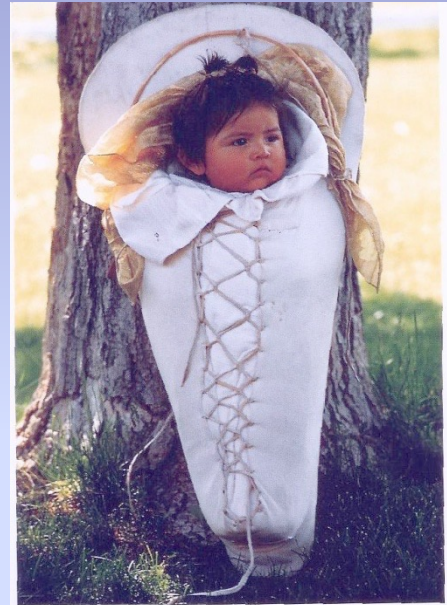


- The sweet touch of swaddling
- Swaddling keeps the baby in control
- Wrapping helps the baby pay attention to what you are doing to calm him



Swaddling History

- History



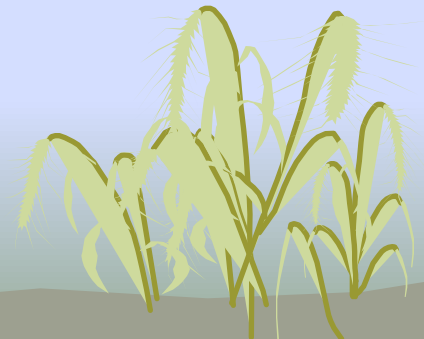
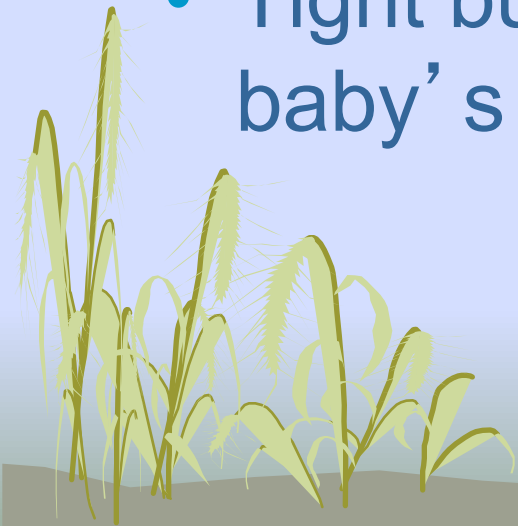
Unnecessary Swaddling Worries

- Swaddling seems primitive and old-fashioned
- Babies might be uncomfortable with their arms tightly at their sides
- Wrapping may make the baby feel trapped



Unnecessary Worries continued...

- Babies will get spoiled or dependent on swaddling
- Wrapping frustrates an infant's attempts to suck her fingers
- Tight bundling might interfere with a baby's ability to learn about the world

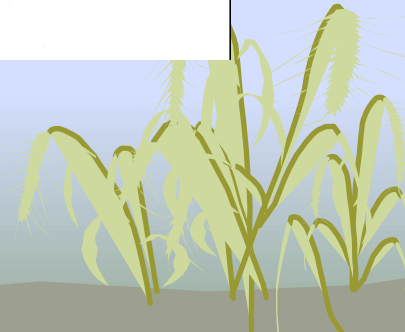
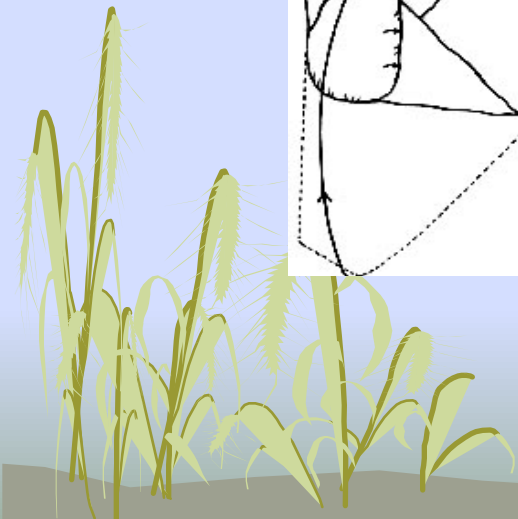
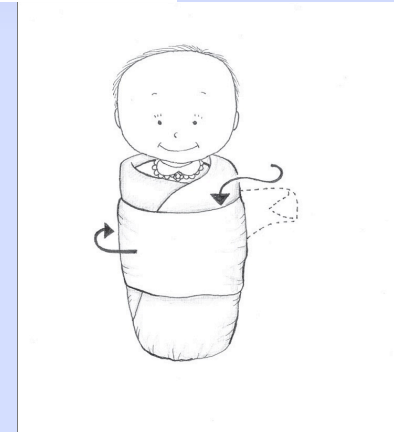
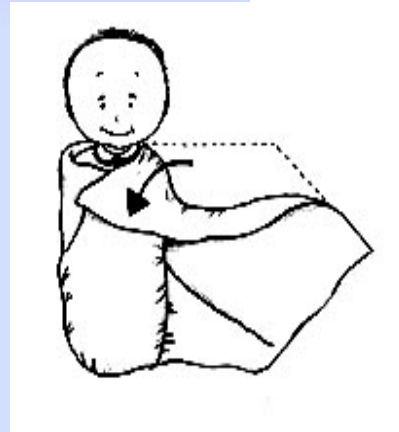
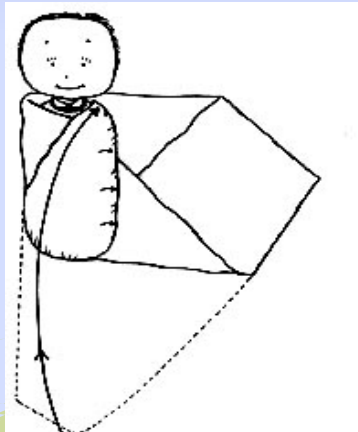
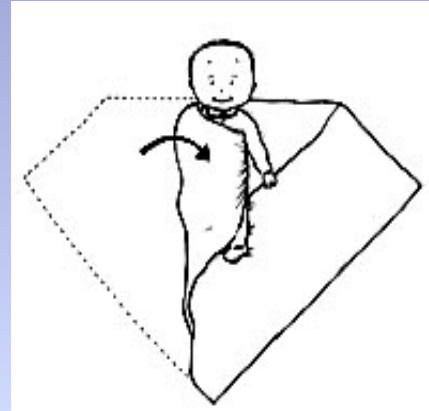
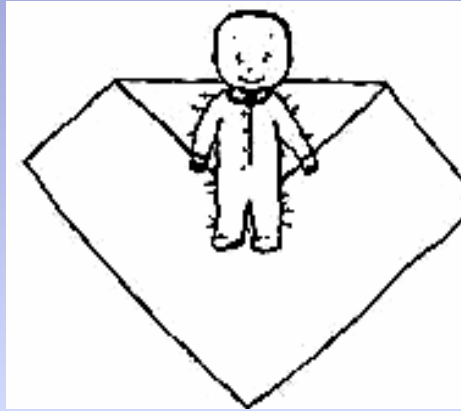


How to Swaddle

- DUDU Wrap



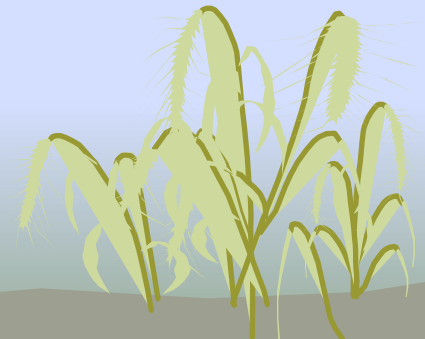
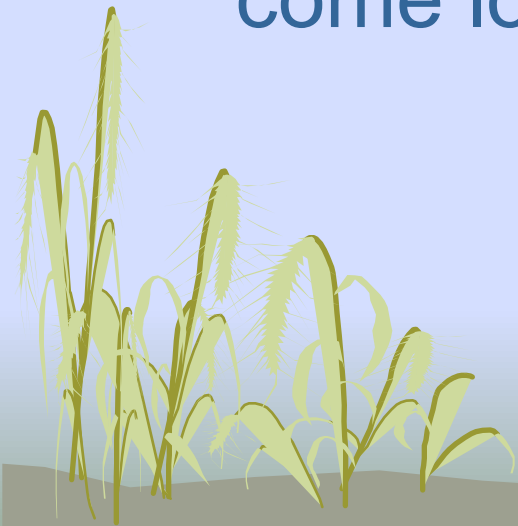
DUDU Wrap



Safety with Swaddling



- Check for overheating
- DO NOT have baby sleep in bed with loose blankets
- Wrap needs to be snug so it does not come loose



Side/Stomach - A baby's “feel-good” position

- Imitates the baby's position in the womb



- Triggers the calming reflex

- Soothes by shutting off the Moro Reflex

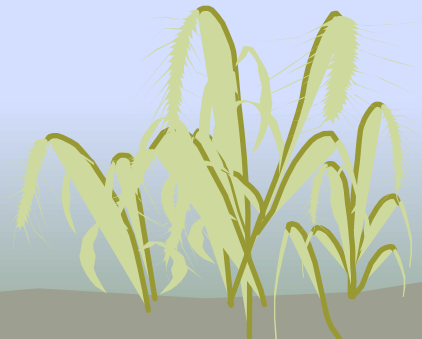
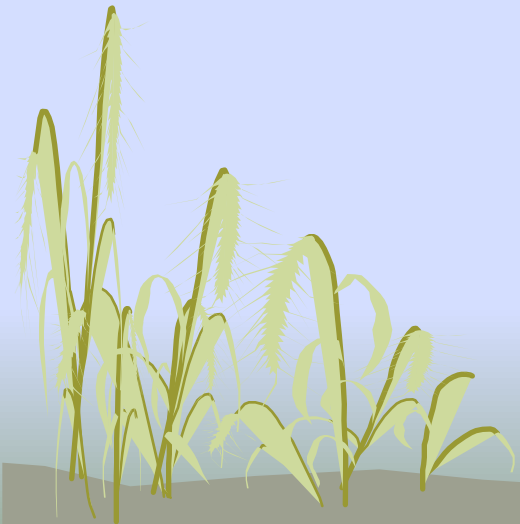
Back to Sleep

- Put Babies to Sleep on their Backs to Reduce the Risk of SIDS!!



Side/Stomach Position continued...

- The Reverse Breastfeeding Hold
- The Football Hold
- The Over-the-Shoulder Hold



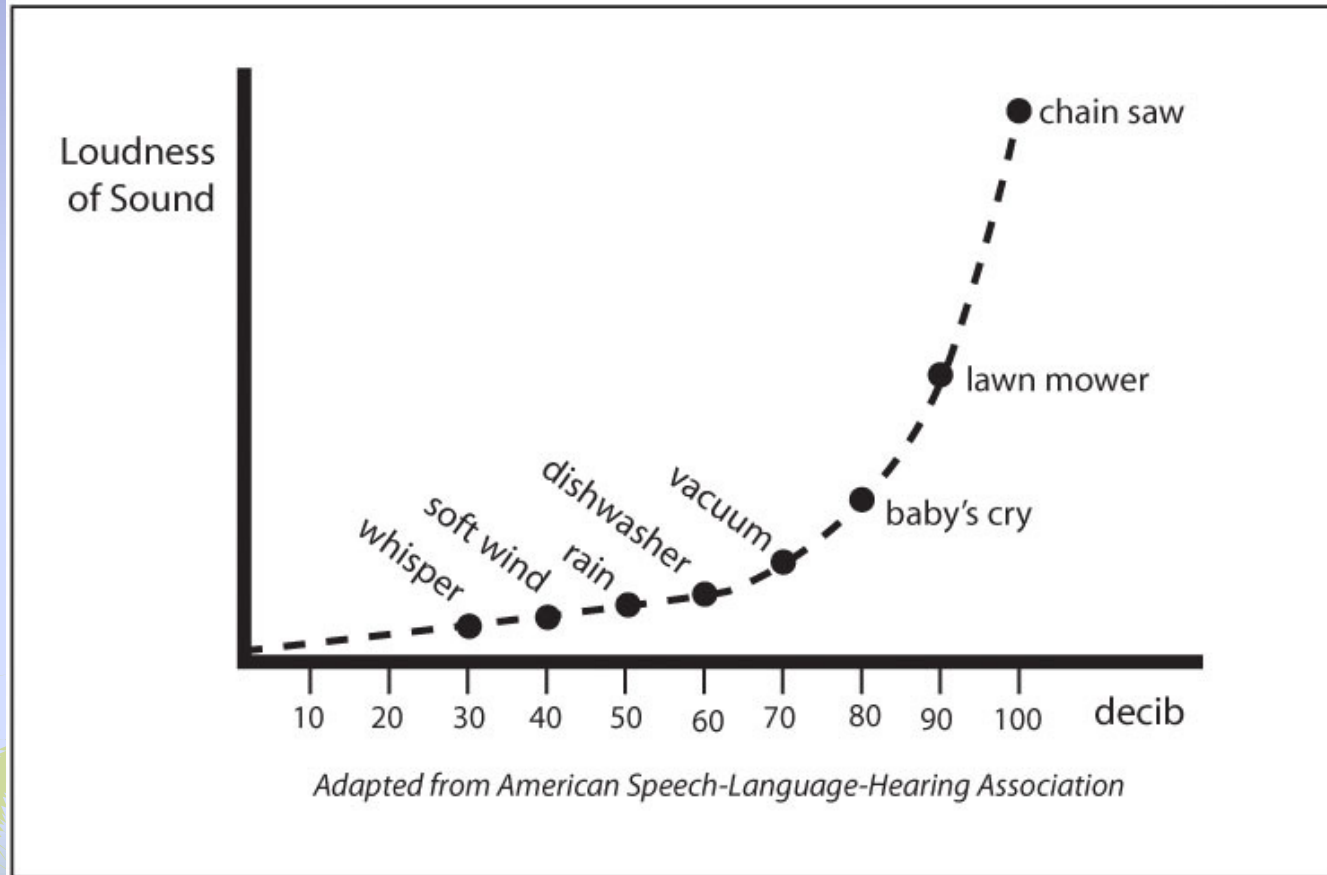
Shhhhhh - A baby's sound of love and safety

- White noise
- Over-stimulation vs. under-stimulation



What a baby hears in the womb

The Decibel Level of Sounds



Swinging - Moving in rhythm with a baby's needs

- Start out Fast and Jiggly
- The Head Jiggles More than the Body
- Follow The Baby's Lead



“Shiver Not Shake”

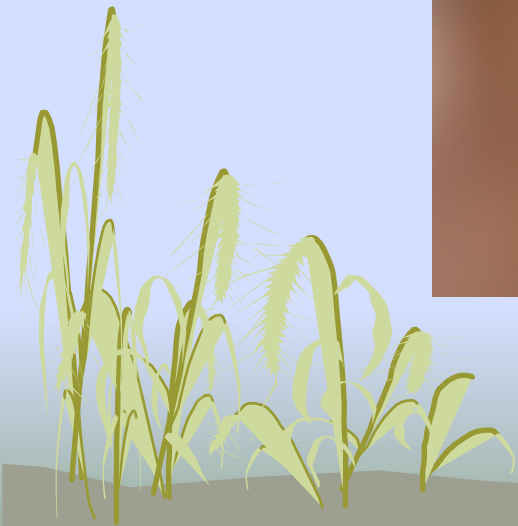
Prevention of Shaken Baby Syndrome

- The big difference between a jiggle and a shake
- Knowing when to walk away and get help



Sucking - The Icing on the Cake of Soothing

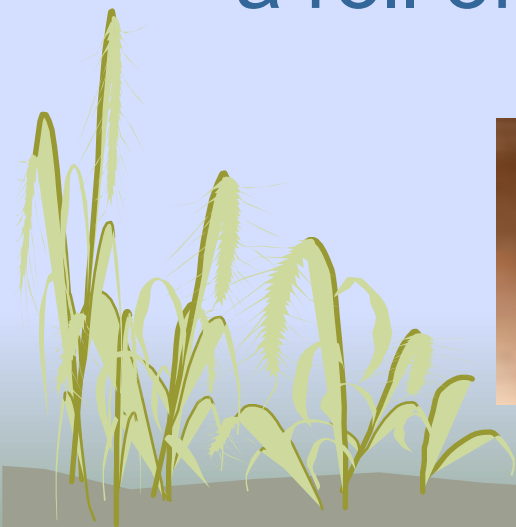
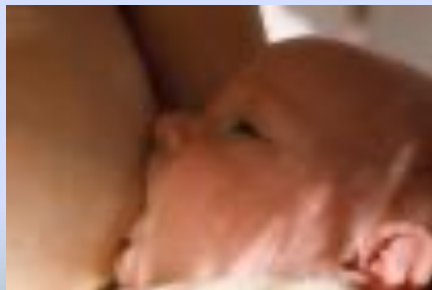
- It satisfies the baby's hunger
- It turns on the calming reflex



Sucking Safety

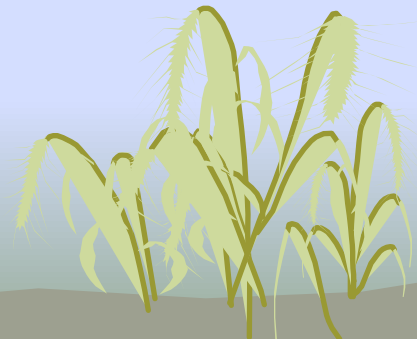
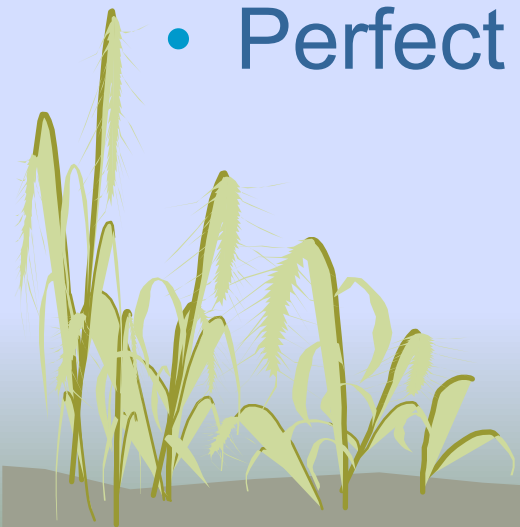


- Always wash pacifiers, fingers or nipples before allowing the baby to suck on them
- Never put anything that would fit inside a roll of paper towels in a babies mouth



The Cuddle Cure - A Layered Cake of Soothing

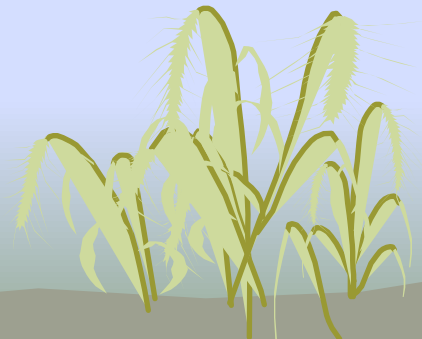
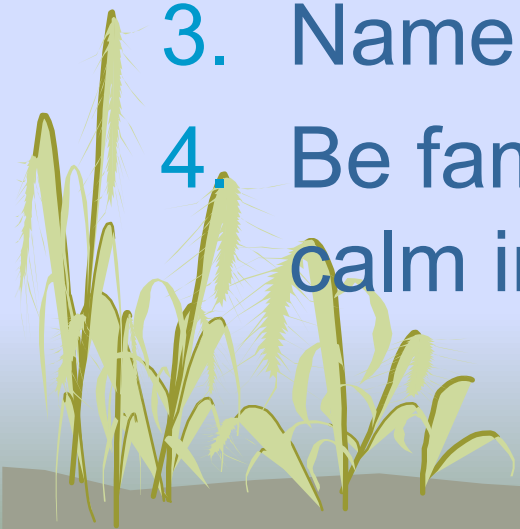
- The 5 S's
- Combining the 5 S's
- Perfect Technique



Learning Outcomes

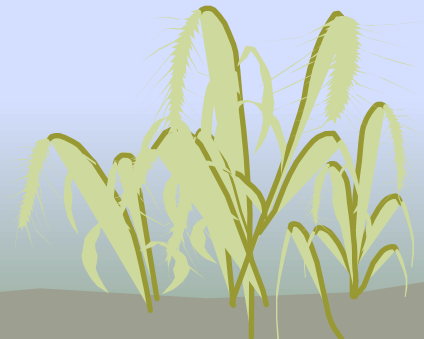
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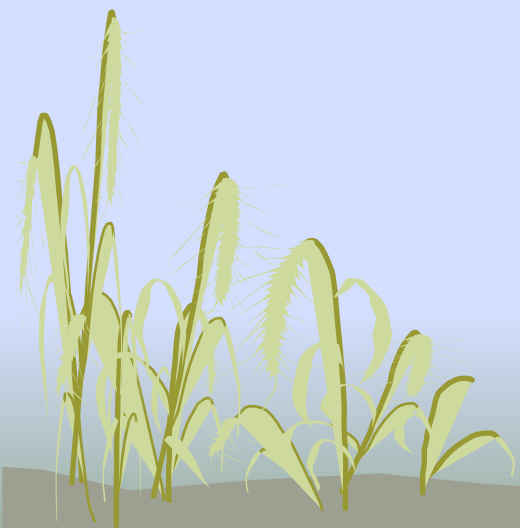


Resources

- KidsHealth.org
- http://www.coliccalm.com/baby_infant_newborn_articles/understanding-colic.htm
- <http://www.cdc.gov/concussion/HeadsUp/sbs.html>
- <http://www.happiestbaby.com/the-five-s-way-to-calm-a-fussy-baby/>
- <http://www.cdc.gov/concussion/HeadsUp/sbs.html>
- <http://babies411.com/babies411/baby-tips/pacifier-safety-new.html>
- <https://www.aap.org/en-us/Pages/Default.aspx>



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**Thank you for choosing
Child Care Training Consultants, LLC.,
for your Training Needs!**

Learning Assessment:

Learners will be assessed by answering 5-10 questions on a quiz and the evaluation.

Learners must complete the quiz and receive 100% to obtain a certificate of completion with NV Registry Hours and IACET CEUs.

Support Services:

Please contact us 24/7 at
childcaretrainingconsultants1@gmail.com.

Questions? Need Help?
We are happy to help.

