

Lesson Instructions

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Suitable for: All clients.

Time Frame: This lesson applies late in the pregnancy or early infancy.

Lesson Objective: To give information on helping your baby sleep, soothe crying babies, and provide relief for “colicky” babies.

Instructions: Give client a copy of the worksheet and show the DVD, *Happiest Baby on the Block*. After the DVD, discuss her answers and any other questions she may have.

*** Questions to discuss with your client are bolded and italicized.**

Homework: Give her a copy of the homework sheet provided.

Supplies: DVD: *Happiest Baby on the Block*

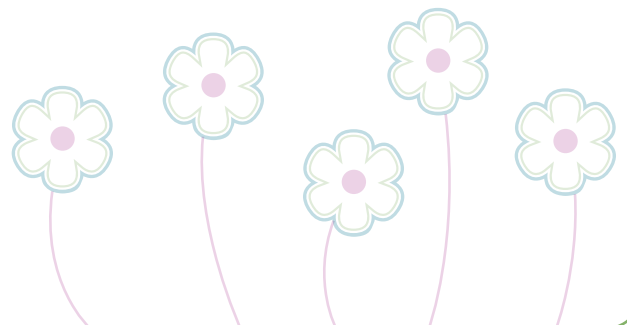
Length of Video: 37 minutes

** This lesson was produced before the most current SIDS recommendations were published. Swaddling your baby tightly in a blanket *may* actually increase the occurrence of SIDS despite the comfort it brings to most infants. According to the American Academy of Pediatrics, if you ensure that the swaddling is not too tight and that your baby sleeps on her back, this may remove some of the risk for SIDS. However, stop swaddling once your baby is able to roll over, as the risk of SIDS in swaddled infants can increase with their age. A client should always check with her medical provider for the safest way to swaddle her baby.

For more information on swaddling and SIDS go to www.healthychildren.org.



This lesson gives practical advice on how to deal with a baby who won't quit crying.



DVD Worksheet, Page 1

Scream and Think?

Thinking of something to do while a baby is screaming is very difficult for most mothers. Decide beforehand what you will do if the baby starts screaming and won't stop. This will help you deal with it more successfully when it happens.



A baby's crying is natural -but it still can get on your nerves. Remember the five S's.



1. Your top job is to love your baby like _____; your two most important jobs are to _____ her successfully and to _____ her when she cries.

2. True or False: Soothing a baby can be surprisingly tough.

3. Babies are like _____; they make one shrieky sound no matter what the problem is. You cannot tell by the smoke alarm if the house is on fire or if you burned toast.



4. It is instinctual to want to _____ your baby; it is not instinctual to know how.

5. What are the three wonderful new ideas?

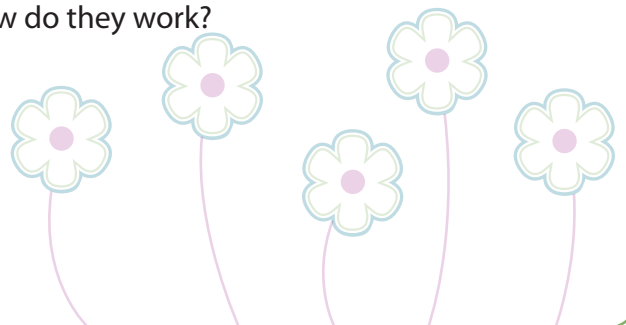
6. What is it like inside of a uterus?

7. What is the calming reflex?

8. What are the five S's and how do they work?

1. S:

2. S:



DVD Worksheet, Page 2

Is Swaddling Safe?

It is important to note that new research indicates swaddling your baby tightly in a blanket may actually increase the occurrence of SIDS despite the comfort it brings to most infants. According to the American Academy of Pediatrics, if you ensure that the swaddling is not too tight and that your baby sleeps on her back, this may remove some of the risk for SIDS. However, they recommend you stop swaddling once your baby is able to roll over, as the risk of SIDS in swaddled infants can increase with their age.

Always check with your medical provider for the safest way to swaddle your baby.



If the blanket is not tight enough, it will come off easily. Don't overdo it but make sure it is on well.



3. S:

4. S:

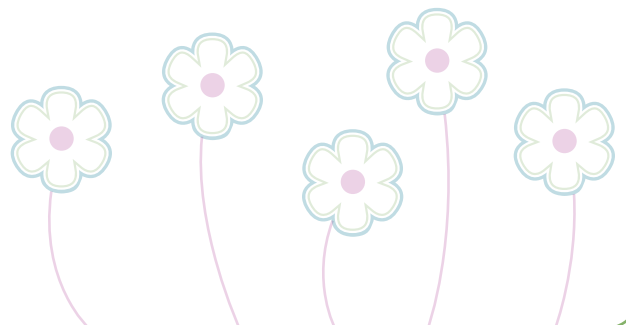
5. S:

9. What does DUDU stand for?

10. What is the cuddle cure?

11. What should the sixth "S" be?

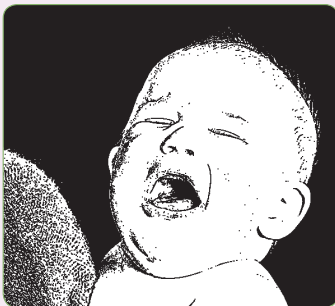
12. When can you phase out the five S's?



DVD Worksheet Key, Page 1

Scream and Think?

Thinking of something to do while a baby is screaming is very difficult for most mothers. Decide beforehand what you will do if the baby starts screaming and won't stop. This will help you deal with it more successfully when it happens.



A baby's crying is natural -but it still can get on your nerves. Remember the five S's.

1. Your top job is to love your baby like ***crazy***; your two most important jobs are to ***feed*** her successfully and to ***calm*** her when she cries.

2. True or False: Soothing a baby can be surprisingly tough.

True.

3. Babies are like ***smoke alarms***; they make one shrieky sound no matter what the problem is. You cannot tell by the smoke alarm if the house is on fire or if you burned toast.

4. It is instinctual to want to ***soothe*** your baby; it is not instinctual to know how.

5. What are the three wonderful new ideas?

Fourth trimester; the calming reflex; and the five S's

6. What is it like inside of a uterus?

Constant sound, constant movement, and confinement

7. What is the calming reflex?

An off switch for crying

8. What are the five S's and how do they work?

1. S: ***Swaddling - wrapping your baby with a square blanket***

2. S: ***Side or stomach position - turn baby on his side, a football hold, reverse breast-feeding position***

3. S: ***Shushing or white noise - shush as loud the baby is crying. White noise machines, static from the radio, hair dryers, or vacuum***

4. S: ***Swinging or jiggling - don't hold the head; let it move freely. This is not shaking, just jiggling. Before putting your baby in the swing, swaddle her, taking care not to swaddle too tightly in a way that would make it hard for your baby to breathe. Belt the baby in the swing, recline the seat all the way, and put the swing on fast. Calm your baby before putting her into the swing.***

5. S: ***Sucking - finger or pacifier. Rules of pacifier use:***

1. If you are breast-feeding, don't use the pacifier until breast-feeding is going well.

2. Never dip the pacifier in honey or syrup

3. Don't hang the pacifier around your baby's neck.



DVD Worksheet Key, Page 2

Is Swaddling Safe?

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Always check with your medical provider for the safest way to swaddle your baby.



If the blanket is not tight enough, it will come off easily. Don't overdo it but make sure it is on well.



9. What does DUDU stand for?

Down up, down up. It is the process to wrap the baby.

10. What is the cuddle cure?

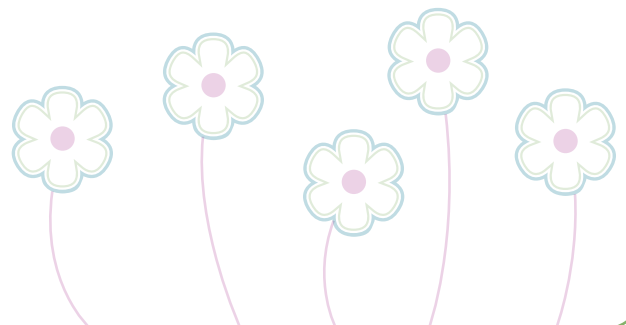
All of the five S's at the same time

11. What should the sixth "S" be?

Sleeping

12. When can you phase out the five S's?

After about three months



Homework

Now What?

Following the five S's does not guarantee your baby will stop crying. As long as you are sure everything is all right with the baby, then the best thing is to wait it out. Never leave the baby unattended in a home or apartment, but if the baby is safe but screaming it is okay to go in a different room.

In the DVD, *Happiest Baby on the Block*, they suggest several ways to soothe your fussy baby. These techniques are called the five S's. The five S's are:

Swaddling. Note: current research indicates that a parent should not swaddle their baby too tightly. Swaddling too tightly may increase the risk of SIDS.

Side or stomach position. A football hold, reverse breast-feeding position

Shushing or white noise.

Swinging or jiggling.

Sucking - a finger or pacifier.

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For more information on swaddling and SIDS go to www.healthychildren.org.

1. What kinds of things have you been doing to try and soothe your baby?
2. Try using the five S's techniques this week at home and write comments about how well each worked or didn't work.

Swaddling:

Side or stomach position:

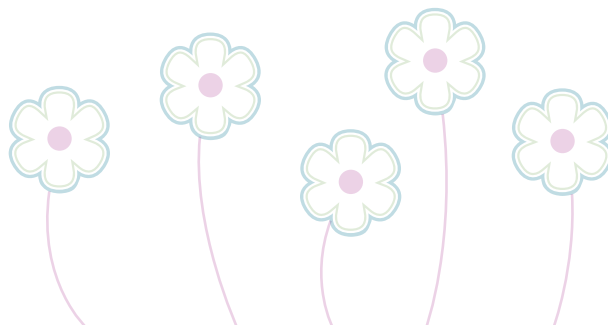
Shushing or white noise:

Swinging or jiggling:

Sucking:



Pacifiers are good in needed cases, but use them sparingly and in the right way.



Homework Key

Now What?

Following the five S's does not guarantee your baby will stop crying. As long as you are sure everything is all right with the baby, then the best thing is to wait it out. Never leave the baby unattended in a home or apartment, but if the baby is safe but screaming it is okay to go in a different room.

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1. What kinds of things have you been doing to try and soothe your baby?

Answers will vary.

2. Try using the five S's techniques this week at home and write comments about how well each worked or didn't work.

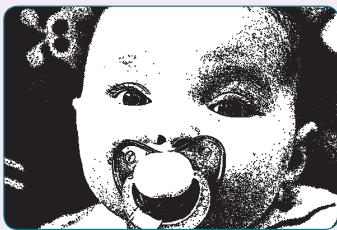
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Side or stomach position:

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