

HAPPY BABIES: HOW TO CALM YOUR BABY

PDHC PARENTING CLASS

WHAT WE'LL LEARN TODAY...

Calming Techniques – Holding, Motion, White Noise

The "Hold"

Happiest Baby on the Block

The 5s's – Swaddling, Side or Stomach position, Shushing, Swinging, Sucking

Swaddling Do's and Don'ts

Hip-Healthy Swaddle

Is a Baby Swing Safe?

Baby Wearing



HOW TO CALM A FUSSY BABY

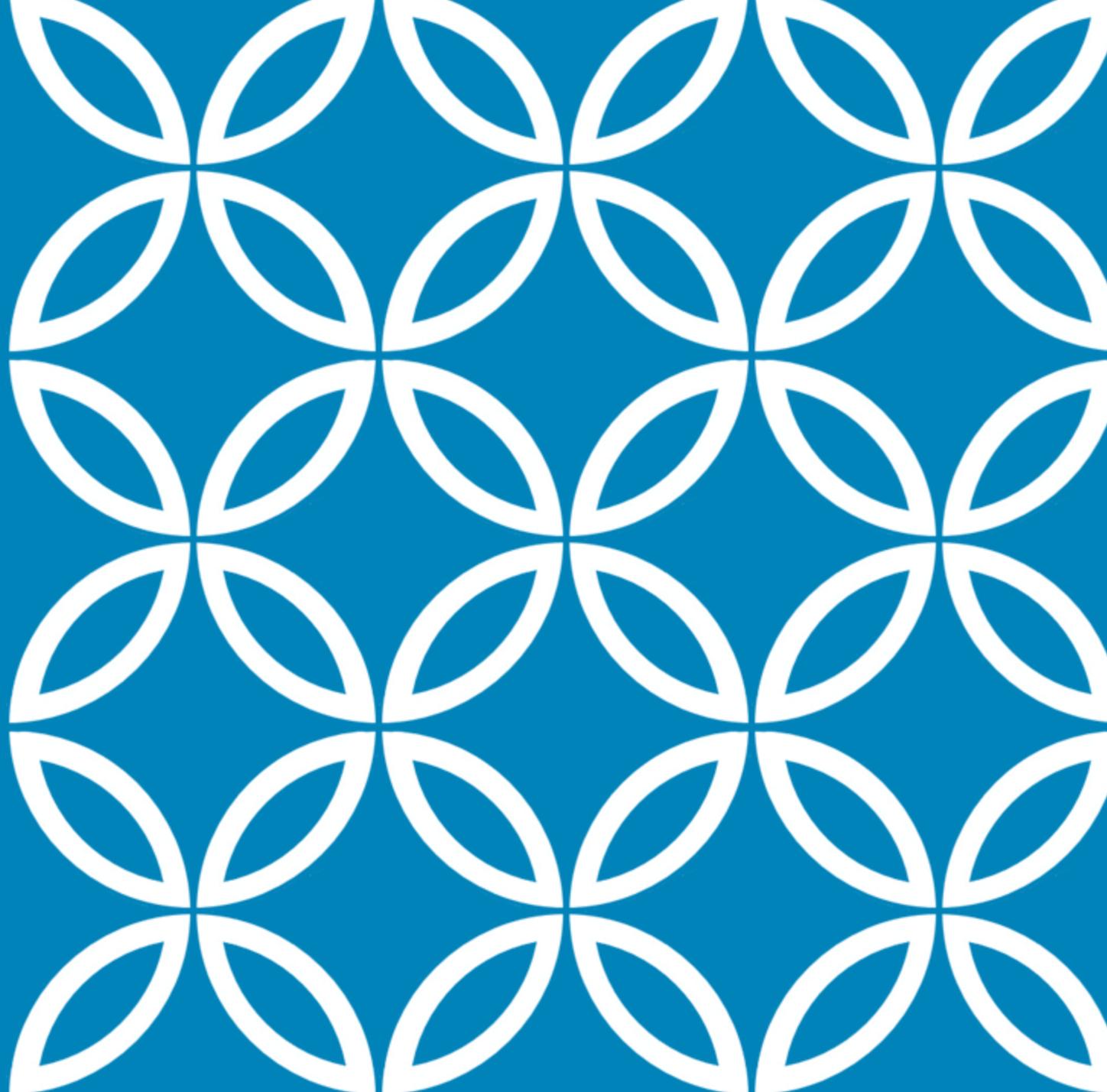
Jessica Reeves,
Certified Nurse Midwife

<https://www.youtube.com/watch?v=NTze3C5juSQ>



BASIS OF CALMING TECHNIQUES: WHY IT WORKS

1. HOLDING
2. MOTION
3. WHITE NOISE



- ✓ Baby continues to need contact with mom after delivery
- ✓ Skin to skin contact is important as your child grows, not just after delivery
- ✓ Baby often calms when his mom picks him up
- ✓ Lifting your baby to an upright position can often have a strong, soothing effect



BASIS OF CALMING TECHNIQUES:

1. HOLDING



- ✓ Baby has experienced a rocking motion whenever his mom would walk while carrying him before delivery
- ✓ Examples of motion baby likes are:
 - Swaying
 - Rocking
 - Walking
 - Riding in a stroller or car



BASIS OF CALMING TECHNIQUES:

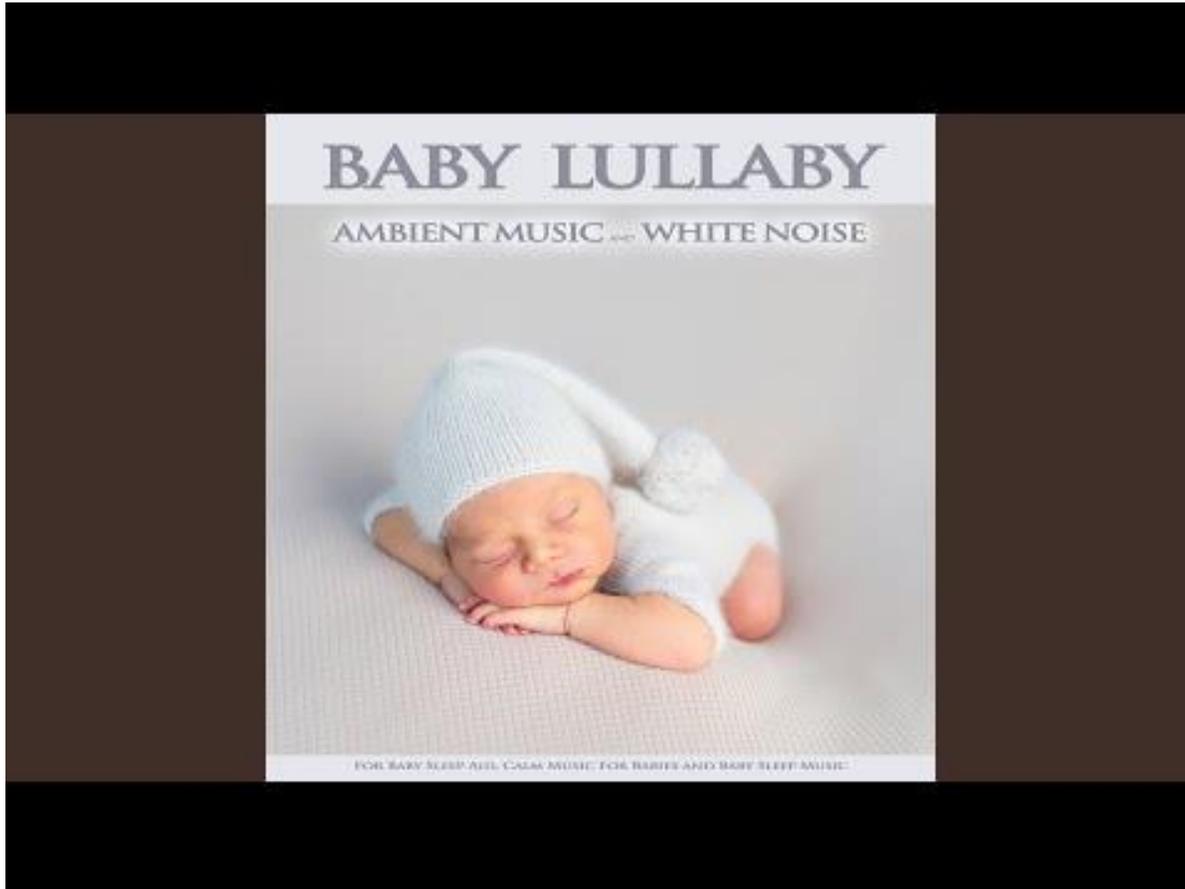
2. MOTION

- ✓ The definition of white noise is:
constant background noise, *especially* one that drowns out other sounds
- ✓ Your baby is familiar with the constant sounds inside your uterus prior to birth
- ✓ Examples of white noise:
 - Fan
 - Sweeper
 - Hair Dryer
 - Shushing Noise



BASIS OF CALMING TECHNIQUES:

3. WHITE NOISE

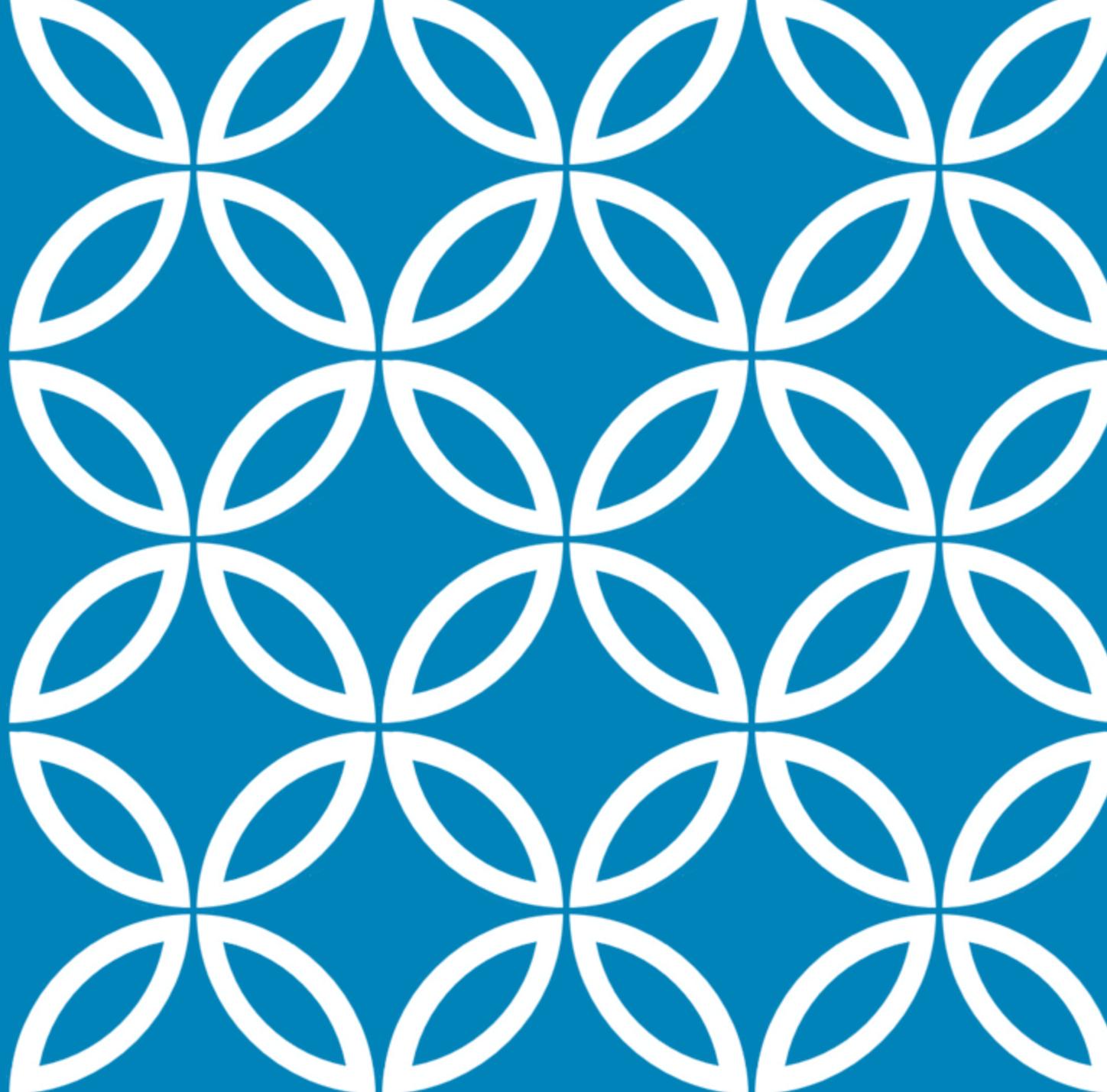


WHITE NOISE WITH MUSIC

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

WHITE NOISE RESOURCES

- There are many FREE white noise resources online
- Search “White Noise for Baby” on YouTube





THE "HOLD"

How To Calm A Crying Baby -
Dr. Robert Hamilton, Pediatrician

<https://www.youtube.com/watch?v=j2C8MkY7Co8>

“THE HOLD”

DR. ROBERT HAMILTON



1. Fold baby's arms over his chest and secure his arms gently



2. Grasp the diaper area and hold him at a 45-degree angle and gently rock him up and down



HAPPIEST BABY ON THE BLOCK

Dr. Harvey Karp, Pediatrician

[https://www.youtube.com/
watch?v=6OtPSfyZXNw](https://www.youtube.com/watch?v=6OtPSfyZXNw)

THE 5 S'S: DR. HARVEY KARP



Swaddling

Side or Stomach
Position

Shushing

Swinging

Sucking

SWADDLING

Wrapping (especially a baby) tightly with a blanket or pieces of cloth

5 S's:
Swaddling

IS SWADDLING SAFE? THE AAP'S CONCERNS

- ✓ Hip dysplasia or dislocation (tight swaddling increases the chances of hip problems.)
- ✓ Loose blankets in the crib (if a baby breaks free of the blanket swaddle, the blanket can cover his face, increasing the risk of SIDS.)
- ✓ Stomach sleeping (if a swaddled baby is placed on her stomach to sleep, or if she rolls from her back to her stomach while swaddled, it increases the risk of SIDS.)
- ✓ Improper swaddling technique in general (the AAP has concerns that not all know how to safely swaddle babies.)

* **AAP** refers to the **American Academy of Pediatrics**

AAP GUIDELINES: DO'S OF SWADDLING

DO swaddle - up until baby shows signs of rolling over

DO place swaddled baby on back (not chest or side)

DO leave two fingers of space between baby's chest and blanket

DO leave enough room for baby to bend the legs up and out at the hips

DO consider a sleep sack (that allows the hips to move up and out) as an alternative to swaddling

DO swaddle using a light blanket so that baby does not get too hot

AAP GUIDELINES: DON'TS OF SWADDLING

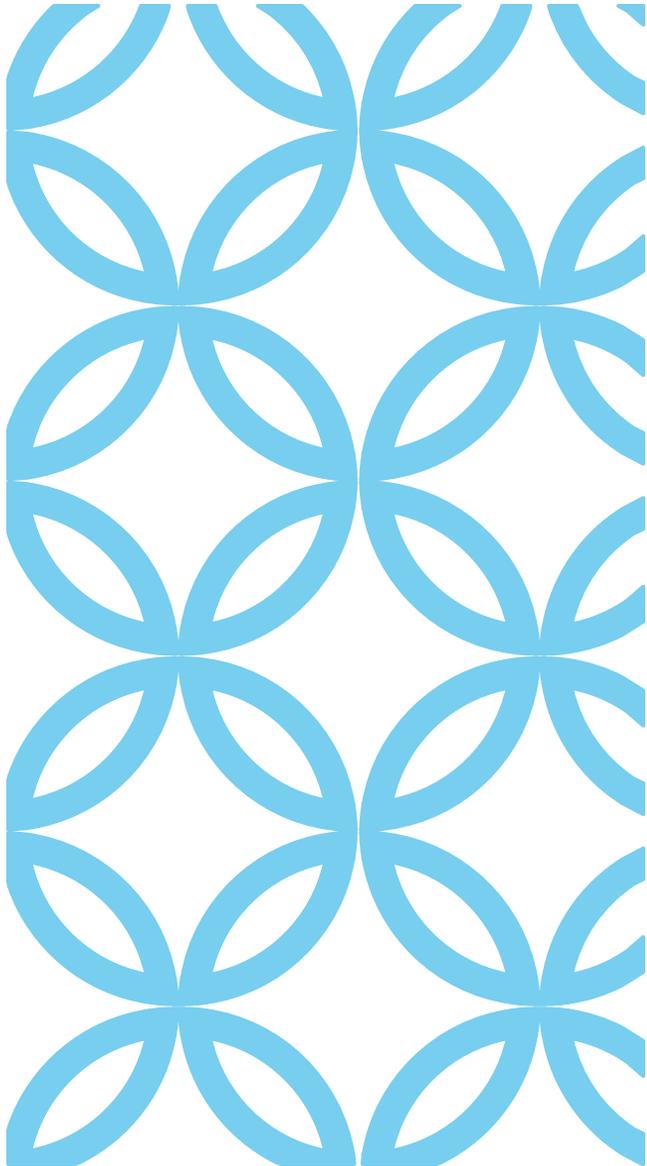
DON'T swaddle too tight around chest, legs and hips

DON'T swaddle so loosely that blanket comes undone

DON'T swaddle past about 2 months of age, or when baby starts to roll over

DON'T place a swaddled baby on stomach or side

DON'T use a thick blanket to swaddle



Tight swaddling can interfere with breathing and can even lead to pneumonia. Your baby must have enough room for his or her chest to move. 2 fingers should fit between the blanket and baby's chest.

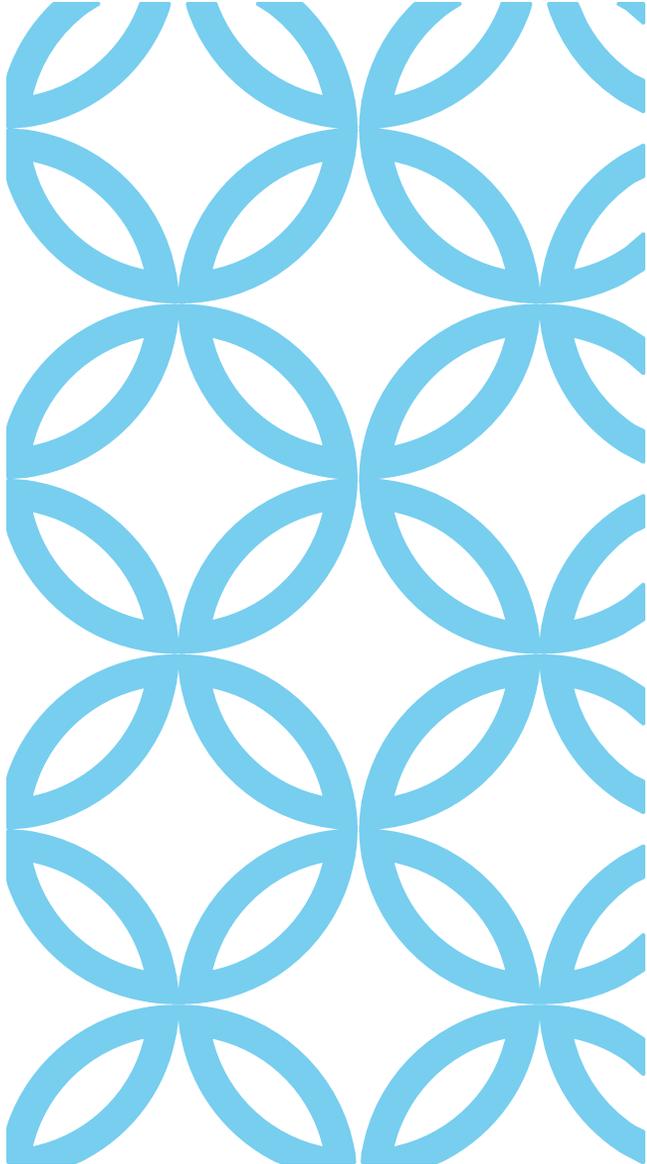
Tight swaddling of the baby's legs and hips cause long-term hip problems. Your baby must have enough room to freely move the hips and legs.

**TIGHT SWADDLING CAN
BE RISKY**

THIS BABY IS
WRAPPED TOO
TIGHTLY



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Swaddling that is too loose can become a suffocation hazard or cause SIDs.

Swaddle blankets and sleep sacks are good choices that prevent excess fabric from going over baby's face if a regular blanket comes undone.

**LOOSE SWADDLING CAN
BE RISKY**

SWADDLE BLANKETS AND SLEEP SACKS

A good choice for sleep
rather than a blanket that
can become loose





HOW TO HIP-HEALTHY SWADDLE YOUR BABY

<https://www.youtube.com/watch?v=LLqfRQdUP7k>

SIDE OR STOMACH POSITION

Holding baby and rolling baby to side or stomach causes his position sensors to send a message to his brain and baby is soothed

5 S's:
Side or Stomach
Position

SIDE OR STOMACH



SHUSHING

Shushing is a type of white noise

5 S's:
Shushing

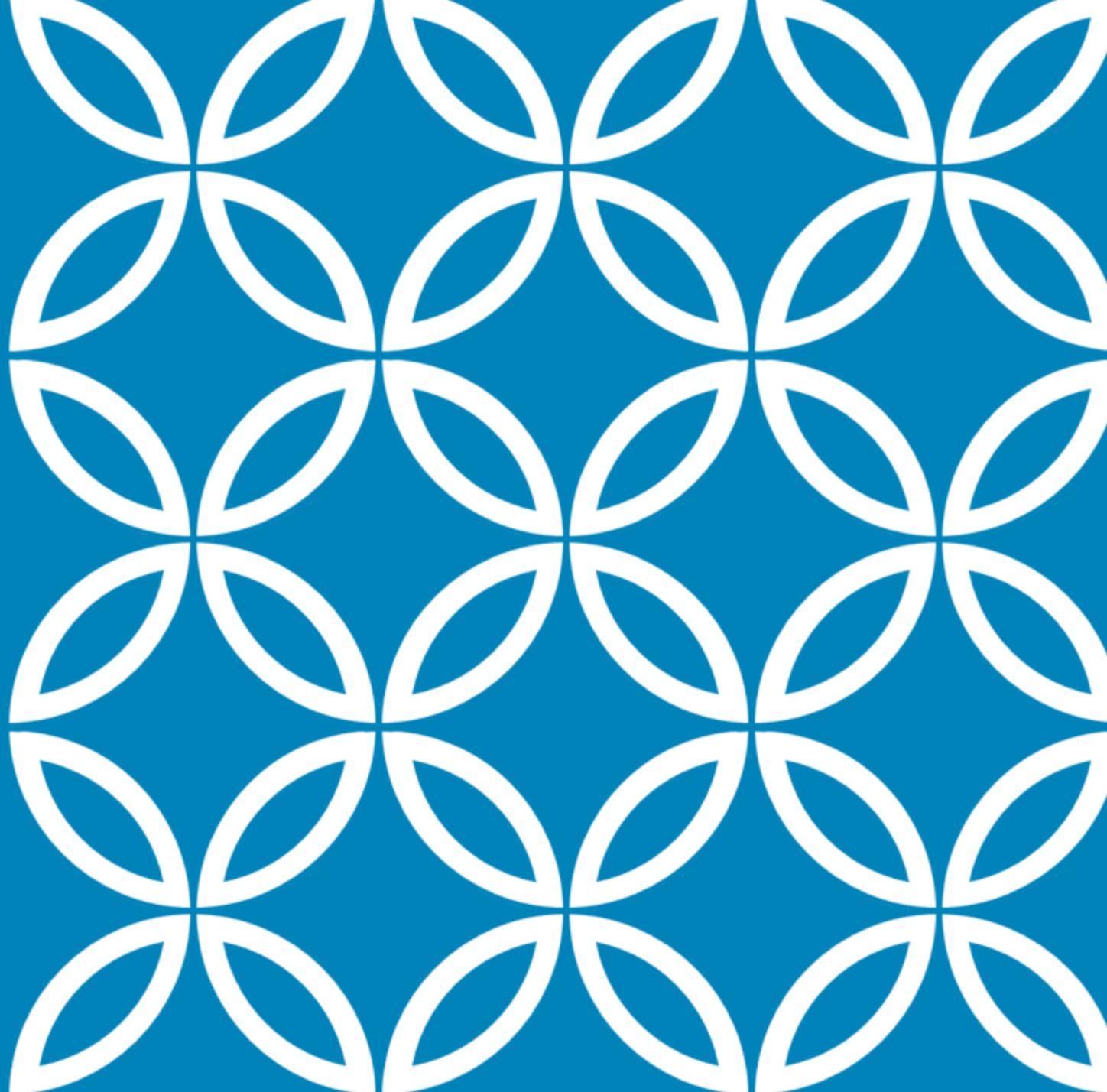
SHUSHING

- "Shush" noise repeatedly (as loud as the baby's cry) calms many babies
- When baby calms some, decrease the volume of the "shush"



SHUSHING RESOURCES

- There are many FREE shushing resources online
- Search “Shushing Baby” on YouTube



SWINGING

Swinging or swaying your baby in your arms is calming

Always support your baby's neck

5 S's:
Swinging

IS A BABY SWING SAFE?



- ✓ These seats aren't the safest sleep spots
- ✓ Pediatricians call them “sitting devices,” and they’ve been linked to an increased risk of suffocation when used for sleep
- ✓ A swing can be an amazing, sanity-saving tool when used correctly
- ✓ It just isn't a substitute crib, and it shouldn't be used that way
- ✓ Remove your child to a safe sleep place once he falls asleep
- ✓ An example of appropriate use of a swing is to use it to sooth a cranky baby (within your sight) while you cook dinner

Take the PDHC Safe Sleep class!

SUCKING

Pacifiers can be offered for naps and bedtime after breastfeeding is well established

5 S's:
Sucking

SUCKING



*** Take the PDHC Breastfeeding Class**

BABY WEARING: SLINGS, WRAPS, CARRIERS

- ✓ Baby wearing is a great way to continue to bond with your baby
- ✓ By carrying your baby in a wrap or sling, the sound of your heartbeat and warmth of your body are soothing to baby
- ✓ Babies that are carried in this manner tend to nurse more which also helps maintain mom's milk supply
- ✓ Being that close also allows baby to have more interaction and have shown to develop faster in some areas



DADS LIKE TO HELP TOO



OPTIONAL LEARNING

<https://www.bing.com/videos/search?q=noise+baby+hears+inutero&docid=608017904072788684&mid=8604B724ED085BCB117C8604B724ED085BCB117C&view=detail&FORM=VIRE>

<https://www.youtube.com/watch?v=Hk1dwSWRaMs>

<https://kellymom.com/parenting/parenting-faq/sling/#instructions>

<https://www.psychologytoday.com/us/blog/the-athletes-way/201304/the-neuroscience-calming-baby>

<https://www.youtube.com/watch?v=bQSOi0yauU>

<https://www.merriam-webster.com/dictionary>

<https://www.askdrsears.com/topics/health-concerns/fussy-baby/baby-wearing>

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

<https://blog.cincinnatichildrens.org/healthy-living/swaddling-dos-and-donts#:~:text=%20Swaddling%20may%20cause%20health%20problems%20or%20even,this%20increases%20the%20risk%20for%20SIDS...%20More%20>

<https://hipdysplasia.org/developmental-dysplasia-of-the-hip/hip-healthy-swaddling/>

<https://www.youtube.com/watch?v=j2C8MkY7Co8>

<https://www.youtube.com/watch?v=LLqfRQdUP7k>

<https://www.youtube.com/watch?v=6OtPSfyZXNw>

<https://www.healthychildren.org/English/ages-stages/baby/diapers-clothing/Pages/Swaddling-Is-it-Safe.aspx>

RESOURCES