



Babies Don't Cry Much, Do They? Suggestions For Caring For Your Newborn Baby

by Laurie Chamberlin, CD, ICCE. | Contact: (530) 477-5442 | chamberlinchildbirth.com

Incessant Crying. Yes, those words both deserve to be capitalized. Anyone who has experienced this knows why. I look at those two words and pause momentarily as I am transported back to a time when my second child was born. He cried. Incessantly. Nothing I did stopped the crying. Nothing. Day and night.

Mothers and fathers who have babies that cry will tell you that it makes for a very challenging time, and it keeps you from getting your much needed rest after labor and birth. Many couples will do just about anything to get their baby to stop crying and go to sleep.

Good news. We have tools to calm babies from crying. Yes, we do! Not all babies cry for long periods of time, however, it benefits pregnant couples to learn these techniques during pregnancy, just in case you have a baby that does. And, since all babies cry at least some of the time, there is something for everyone. If I would have known these 5 'tricks' it would have changed my entire newborn experience from a sleep deprived and depressed one, to one filled with joy and happiness. I might have had the energy to take a picture or two!

Pediatrician Dr. Harvey Karp has worked with thousands of crying babies, he's developed a system called, 'The 5 S's.' He outlines his techniques in his book and DVD, "The Happiest Baby on the Block." You can visit his website at www.thehappiestbaby.com to watch a glimpse of these techniques.

You can also come to my Newborn Care Class "How to Thrive the First Few Weeks at Home With Your Baby" offered every other month at Sierra Nevada Memorial Hospital in Grass Valley. In the class we watch the DVD and cover other important newborn care topics including: understanding infant cues, bathing, baby blues, how to avoid flat head syndrome and more. This class became an instant success, especially with the fathers-to-be.

Tips for Getting Kids to Bed on Time

by Tulum Dothee | Contact: (530) 271-1258 | oakhavenmontessori.com

Sleep. It is the best thing when you get it and the worst when you don't. While there is no quick fix to making sure you and your kids get enough sleep the first step is getting to bed on time. As if it were that easy. It can be if you follow a few guidelines:

- Wear out everyone in the afternoon with vigorous activity.
- Before dinner:
 - Do homework.
 - Set out clothes for the next day.
 - Make tomorrow's lunches together.
 - Have backpacks ready to go by the door.
 - Then switch gears: Get in some alone book time (everyone looks at or reads a book alone, even for 10 minutes) before you all prepare dinner.
 - Play soothing background music.

Upcoming Events

September 19

Fall Harvest Festival

Come celebrate the fall harvest with us! See the farm in all its glory, snack on gourmet treats provided by our farmer/chefs, and bring the kids for special games and tours. Show your kids where their food REALLY comes from! Mountain Bounty Farm is a subscription Community Supported Agriculture Farm located on the San Juan Ridge. For more info visit: MountainBountyFarm.com.

September 26

Day of the Young Child

Sierra College Nevada County Campus. A fun fall festival for children and families, a great place to connect with resources, child care, & other families. Lots of food, activities for children, music and entertainment. 10am-2pm. Gold Country Association for the Education of Young Children. Email: kids.stuff@sbcglobal.net

September 24

Oakhaven Montessori Parent Night

Thursday, September 24, 6:30 - 8:30 p.m. Interested in learning more about our program? Join us! Phone: 271-1258

Web: oakhavenmontessori.com

September 29

Newborn Care Class

Gain confidence in caring for your newborn! Comforting, swaddling, calming a fussy baby, baby cues, diapering, massage, sleeping and more! This class is new to 2009, it quickly became an overnight success and many students say they don't know how they would have done it without the techniques learned in class! Tuesday, September 29th 6pm to 8:30pm. Outpatient building, Sierra Nevada Memorial Hospital. \$30, pay night of class. Call to register: 477-5442. Web: chamberlinchildbirth.com

October 1 - November 5

Mindful Parenting Class

Thursdays 6:30 - 8:30 pm at Oakhaven Montessori School.

Phone: 271-1258

Web: oakhavenmontessori.com

- At dinner:
 - Lower the lights and keep them low for the evening.
 - Continue the music. Environmental sounds are great too.
 - Engage in pleasant conversation, avoid conflict.
- Bedtime routine.
 - Establish and follow the same bedtime routine every night including weekends.
 - Schedule in enough time for baths, tooth brushing and two stories, or better yet try chapter books even for your youngest, before your designated lights out time.
 - Start earlier than you think you need. Just because it took one hour last night doesn't mean it will take the same tonight.
 - Expect the unexpected. Respond to it with humor.
 - Commit to being fully present during the bedtime routine. If the kids pick up that you want them to go to bed they will do their best to keep you engaged for longer than ever.
 - Incorporate a final ritual to put the day to rest. Try sharing the happiest and saddest parts of everyone's day. Avoid problem solving. Older children may benefit from writing to-do lists or itemizing concerns. Try a visualization of gathering up loose ends and putting them aside.
- Things to keep in mind: Children learn trust and security through having routines. When they understand the schedule and what is expected they feel safe.
 - Your family will test the schedule and you from time to time. When you maintain the standard they will settle into it again.
 - Activity after dinner will stir everyone up and postpone bedtime. Save wrestling with Dad for weekend mornings.
 - We all learn best when we experience life through our senses. The more senses you include in your routine, the more success you will create. Your family may enjoy thinking of ways to help. "What do our eyes want to see?" "What will help our ears rest?" "What scents lull us?" "What foods help our bodies to rest?" "What soothes my skin?" "What movement comforts me?"
 - Plan ahead for the time change. Discuss it and decide as a family how you will do things, and what will be the same, and what will change.
 - Decide as a family how you will respond to awakenings during the night. Announce your plan and do it the same every time. "I will come in, help you meet your need here in the bedroom, hug and kiss you and return to bed."
 - Acknowledge the behavior you see. "I see that you are jumping on the bed. What does your body need to settle down?" "We will do it for one minute and then read."
 - Accept the feelings voiced. "Yes, I hear that you are angry that it is bed time. Tell me all about it." After a minute or two and without problem solving or addressing any content say, "Thank you for sharing, it is time to say goodnight."
 - For fun: Make a CD of affirmations for your child to listen to as she drifts off. Focus on specific areas. Say it as if it were already happening. "You are now finding it easier and easier to follow directions." "Everyday you're learning better ways to express your needs." Repeat each one three times.
 - Create and maintain your adult bedtime routine so that you will be rested and able to think clearly when the next challenge comes your way. And we all know it will come.

Good Night. Sweet dreams.

Now Enrolling

Baby & Me

Join in for songs, playtime, and discussion while getting to know other parents and babies. Join an existing group now. Birth to 12 months. Weekday mornings at the Grass Valley Methodist Church in downtown Grass Valley. FREE to first-time participants, sliding scale fee up to \$50 for 10 sessions for subsequent groups. Phone: Meg 913-2745, website: first5nevco.org/programs.cfm

Toddler & Me

Join in for songs and playtime in a preschool setting while getting to know other parents and toddlers. We are creating new groups now for children 12 to 24 months. Monday mornings at the T.K. McAteer Family Resource Center in Nevada City. FREE to first-time participants, sliding scale fee up to \$50 for 10 sessions for subsequent groups. Phone: Samie 265-0611 x223 website: first5nevco.org/programs.cfm

"Your Amazing Infant" – Truckee

A series for parents and their infants, ages birth through 3 months. These classes increase bonding through nurturing touch and physical interaction between parent and child. Call the Early Learning Project at 582-2583.

Toddler Gym Time – Truckee

Toddlers and their parents enjoy free play in the big gym with an array of exciting developmental equipment. Have fun, meet new friends and build new skills. Call the Early Learning Project at 582-2583.

"Baby and Me" – Truckee

Fun, educational classes for parents with infants under 12 months old. Organized activities and informal discussions weekly. 10am – 11:15 Call 582-2583.

Infant Massage and Yoga – Truckee

A series for parents and their infants, ages birth to crawling. These classes increase bonding through nurturing touch, infant massage, and baby yoga. Next session begins Sept 14th. Call 582-2583



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Visit www.first5nevco.org

Enter your e-mail address in the box on the home page and you will be e-mailed an edition of Little Steps at the beginning of each month.