



# Parent Newsletter

## On the Day You Were Born *First Experience With Your New Baby*

### New Challenges

Becoming a parent can be a very challenging time. Even those of us with other children know each baby has his/her own personality and parents have to adapt to accommodate their needs. Experts tell us that most parents go through changes that include loss of sleep, balancing responsibilities, and changes in relationships with friends and family. It's normal to explore who you are and the things that have changed about your life. Experts recommend reaching out to family and friends to talk about the stress and feelings you are having. New parents may have mixed emotions at times. Some mothers experience extended post-partum depression and need medical support to heal. It's okay to reach out and say, "I need help." There are many professionals who specialize in helping you during this time as well. Just to name a few:

- **Lactation Consultants:** These professionals specialize in helping mothers' breastfeed their new babies. Many mothers experiences challenges with nursing their newborns. Babies may have a problem with latching on, there may be soreness or other medical concerns you have. Contact your local hospital or your local LeLeche Group for support.
- **Pediatricians:** These doctors see your baby on a regular basis for check ups. They can provide you with lots of information and support.
- **Your Certified Educator of Infant Massage:** These CEIMs have knowledge about infant development, wellness, and can help connect you with other professionals.
- **A Certified Child Life Specialist (CCLS):** These professionals have knowledge about infant and child development, health, and other expertise that you may find helpful. Many CCLSs work in hospitals with infants, toddlers, and neonatal care nurseries.

*It's okay to reach out for help during this time. Try to find some time to meet your needs as well. It's important to find time to rest and*



## Resources You Might Like...

*Hug* by Jez Alborough. This precious board book is short and sweet story about a little monkey who wants a hug from his mommy. Your little one will love it!

*Counting Kisses* by Karen Katz. This board book counts up and down as a baby gets lots of love such as kisses on toes, kisses on checks, etc.

*The Attachment Parenting Book* by Dr Bill and Martha Sears. This is a guide for parents on parenting techniques that foster attachment and the relationship with your baby.

*I Love You Rituals*, by Dr. Becky Bailey. This books is filled with loving rhymes and games to play with your child. It can be appropriate for children of all ages. Her website is filled with great samples and information for challenging behaviors of your older children. It is

[www.consciousdiscipline.com](http://www.consciousdiscipline.com)



## Parent Perspective Colic and Crying Babies

A common concern for parents during those first few weeks or months is excessive crying from their baby. Experts tell us that babies cry to communicate a need. Since they do not have words, they cry to let us know that they have a wet diaper, are hungry, or are in pain. If your baby continues to cry for long periods of time and nothing seems to help, they may be suffering from colic. My first baby suffered from colic for the first month of her life. She cried from 7 pm to 2 am every night during that time. It was emotionally painful and stressful for us as parents.

Another complication during that time was that I was suffering from extended and intense post-partum depression. I waited a long time to reach out for help, but finally began to heal and could then better meet the needs of my daughter. The week the depression started to really lift, I began to spend time giving my daughter a massage each morning and afternoon. The colic was extremely better within one week and totally disappeared during the second week. Experts tell us that massage can be helpful for your baby during colic episodes. If you have concerns about your baby's crying, talk to your doctor to see if there is something else you can do to help your baby. Your CEIM probably went over a tummy routine for gas, constipation, and abdominal discomfort. Check back with those handouts or contact them for additional help.

Please send your stories to  
[cwhittington@infantmassageusa.org](mailto:cwhittington@infantmassageusa.org).  
We'd love to include you in our

## Your Growing Baby

Experts tell us that there are many ways to help your baby grow emotionally secure. Here are a few ways you can help your baby feel safe, loved and grow healthy.

- Respond to crying. Your baby needs you.
- Look for reasons your baby is crying such as a wet diaper, hunger, gas, and cuddle time.
- Check body temperature. Are they cold and need an extra layer of clothing or are they hot and need a layer of clothing removed?
- Spend time rocking your baby or wearing them in a sling. Babies love to be near you.
- Talk to your newborn and let them hear your voice. They've been listening to you for months in your womb already. It comforts them.
- Make sure your baby is safe. Keep all loose bedding away from babies sleeping area or crib. Keep small chokeable objects off floors or other areas your baby may be. Make sure your babies clothes fit appropriately so they do not bunch up around your babies face. Avoid smoking near your baby. Check the room temperature to make sure it is comfortable for your baby.
- Newborns typically should be drinking mommy's milk or formula only. Your doctor can give you guidance on your own babies special diet needs so talk with them about feeding concerns.
- Never shake a baby. Shaking even for a few seconds can cause long term brain damage for your baby. Reach out for help if you feel frustrated or out of control.

If you have an ideas, thoughts or suggestions, we'd love to hear from you! Please email at

[cwhittington@infantmassageusa.org](mailto:cwhittington@infantmassageusa.org).

## Just For Fun!

Hold your baby in your arms and rock him back and forth as you sing "Rock-a-Bye Baby". Perhaps try a new version singing the words:

"Rock-a-bye baby, close to my heart.  
Having you near me, never I'll part.  
When things feel scary, safe you will be.

