

Infancy Visit #6

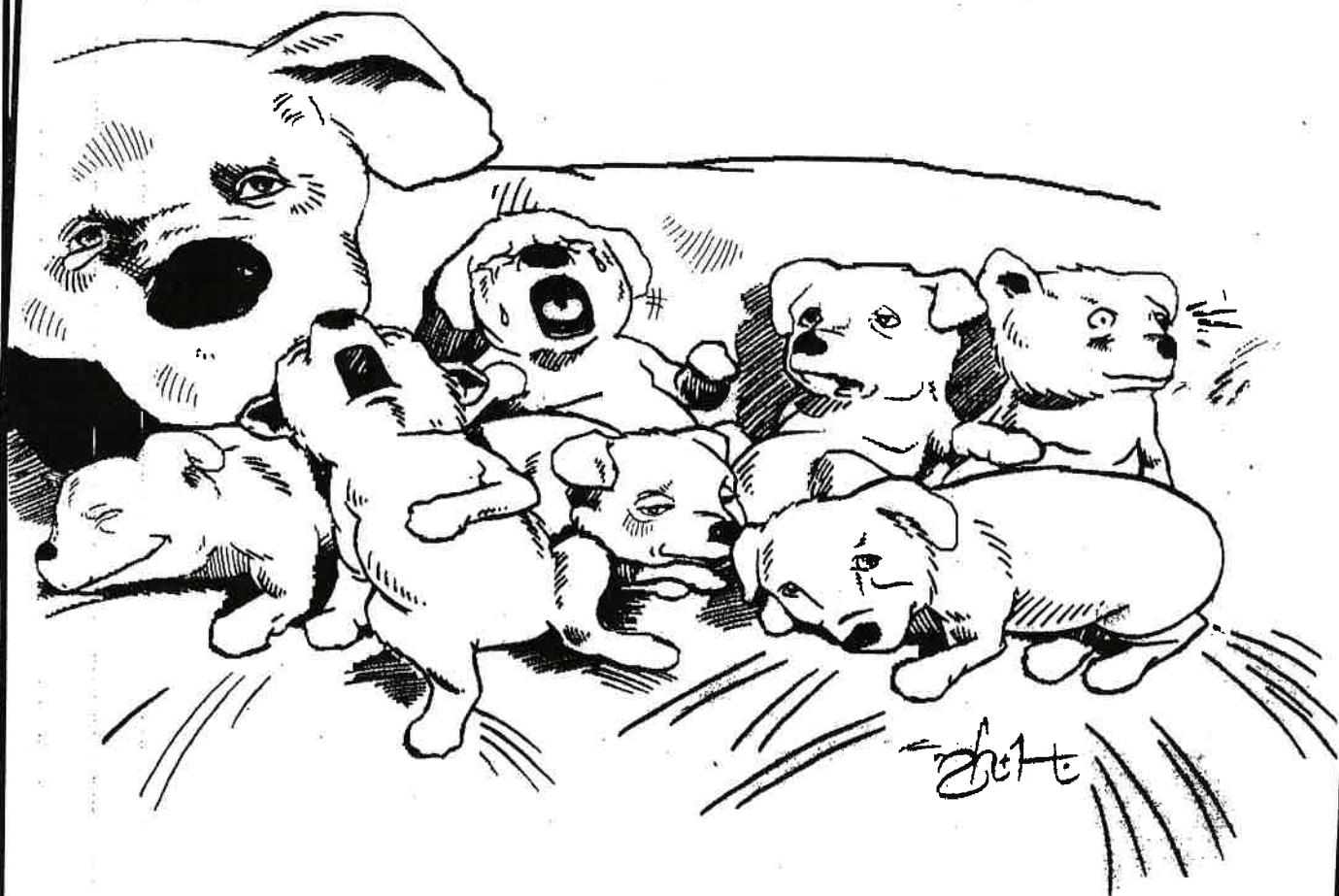
- PIPE: Curbside Communication
 - PIPE: Tune In/Tune Out
 - PIPE: Joy & Laughter
- ASQ Activities: 0-2 Months

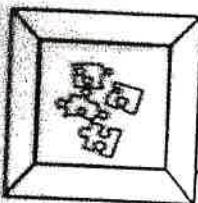
Topics for Next Visit

- 2 Month Growth and Development
- Postpartum Body Image/Exercises
 - Thinking About My Life
 - PIPE: Small Talk



Cribside Communication

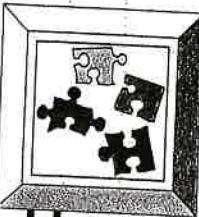




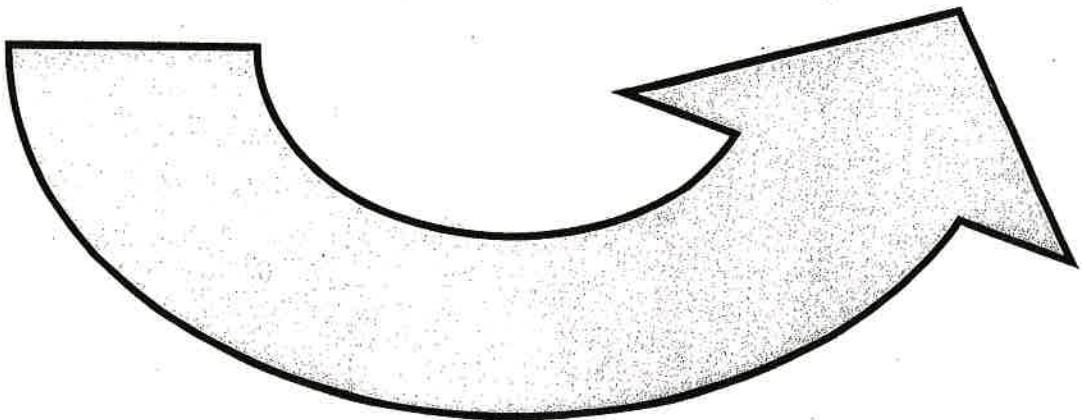
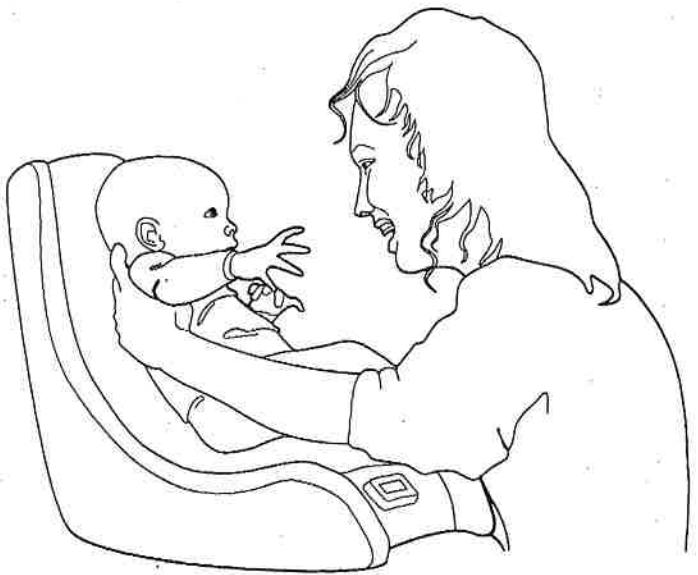
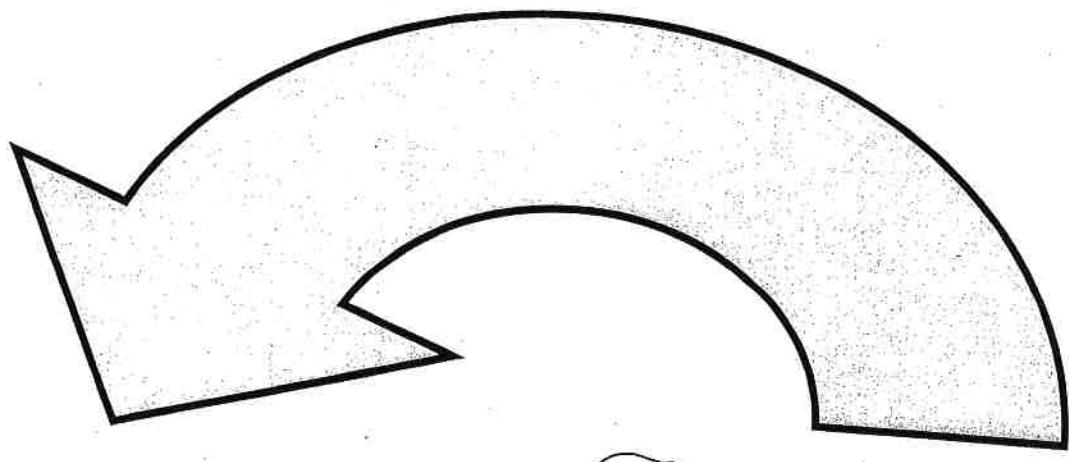
Conceptual Overview

LISTEN
TOPIC 1

1. Babies communicate through states of awareness. From birth, babies send messages to their caregivers just by being asleep, alert, fussy, or drowsy. Each state says something about how the baby is feeling. Each state draws a particular feeling from the parents. It is important to help parents identify these feelings within themselves while also understanding their baby's needs. This is the beginning of empathy.
2. Babies are able to help direct their care. A "competent infant" is an infant who can modulate her own levels of alertness. The competent infant defines needs, directs and regulates care, and maintains maternal attachment through states of awareness. That is, a baby can voluntarily choose to brighten and pay attention to a person or a sound or can doze off in the middle of a busy day and sleep deeply through the noise. In this way, a baby can direct a parent by saying, "I'm interested," or "I'm sleepy."
3. Babies communicate with their feelings. It is important that parents learn to separate their feelings from the baby's. For example, a crying baby might make a parent feel inadequate and angry. Yet, the baby is merely saying, "I am wet and cold." When the parents can correctly "hear" this message, they can be effective in helping their baby and can also feel good about themselves. Parents will want to remember that their baby's feelings are mostly simple and biologically based.
4. Parents who take time to listen to their baby's feelings and recognize their baby's states respond in a more appropriate way. Answering hunger cries or cries of need for diaper changes should be done quickly in a responsive way. Quiet alert interest is a time for quiet learning. Parents can expand their baby's horizons with gentle play. Active alert is a time for exercise, laughter, and movement. Fussy is a time for parents to help their baby settle down or modulate his state. As parents interpret and meet these state signals, they will be helping their baby learn to regulate herself. Regulation is one of the first forms of quiet discipline.



Communications Start at Birth



Awake States

Babies have four awake states:

Quiet Alert	Active Alert	Fussy	Crying
<ul style="list-style-type: none">Smooth coordinated movementsRegular breathingBright eyesQuiet and attentiveInterested in connecting with people	<ul style="list-style-type: none">Increased movement of arms, legs, and faceIrregular breathingEyes excited, looking aroundExcited, reacts more to what they see, hear, and feelMay begin to get fussy	<ul style="list-style-type: none">Movements may be jerky, may push awayIrregular breathingBlinking, looking awayFussing or whimperingCommunicating their needs: may be tired, hungry, hurting, or overstimulated	<ul style="list-style-type: none">Body is rigid, may push away with arms and legsIrregular breathingEyes tightly closedGasping or cryingCommunicating their needs; may be tired, hungry, hurting, or overstimulated
			
Talk, smile and wait for baby to respond. Sing to baby or make faces for baby to imitate.	A time for active play and fun. If baby starts to fuss, slow the pace or change to quieter play.	Consider if baby is overwhelmed and needs a break or what the baby is needing (hunger, wet diaper, gas).	Experiment to find what ways your baby likes to be soothed.

Babies have their own personalities and they each have their own preferred ways for being soothed.



After checking for hunger and if the diaper needs to be changed, consider if baby is uncomfortable for any reason and eliminate disturbing noises. Some babies are easier to soothe and others take a little more time and detective work.

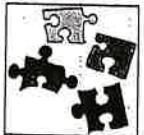
Usually, babies will quiet if you do quiet repetitive things like looking in baby's eyes and talking softly, gently patting baby, singing to baby, gently holding arms or legs still or swaddling, or rocking baby. Try each method for a few minutes before going to another. You can also try a pacifier. Some babies like a few soothing methods at the same time. Other babies get overwhelmed by more than one or two soothing methods at a time.

TRY IT!

Spend a little time watching baby during awake states.

1. What ways did you connect with baby during quiet alert state? _____
2. What did baby like best? _____
3. Did baby like a combination of soothing measures or one at a time? _____
4. What worked best? _____

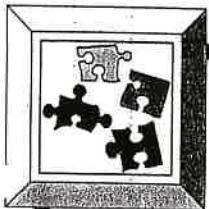




Regulating States of Awareness

- ➊ Regulating means rebalancing or adjusting. Most babies move from one state to another without help, according to their internal needs.
- ➋ Sometimes babies cannot change state easily. If they are overtired, over-stimulated, or too hungry, they become disorganized and off-balance.
- ➌ Parents may need to help a baby rebalance, stop fussing, eat slowly, or focus his or her attention.
- ➍ Parents can help babies regulate states of awareness by sharing their own states and feelings. Parents can calm a fussy baby or engage a drowsy baby. Face, voice, body, and movement will signal the parent's feelings to the baby.
- ➎ State regulation is the first step in managing behavior. Parents help babies learn self-regulation when they help them adjust or regain balance from a fussy state to a calm state.
- ➏ Regulation is quiet discipline

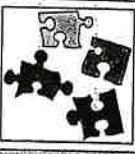




Guidelines for Regulating States

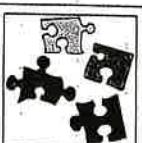
State	Infant	Older Baby	Toddler
Quiet Sleep	Leave the baby alone! A soft, steady noise such as a fan, tape of ocean sounds, or a music box will help to deepen the sleep state.	An older baby is hard to disturb. You can often move baby or change the diaper for a baby who is in deep sleep. Check the covers and clear his/her face.	Babies and toddlers grow while they are sleeping. Be sure they get plenty of uninterrupted sleep.
Active Sleep	Leave the baby alone. Active sleep can occur as often as every 20 minutes. If the baby is too cold or hot or in an uncomfortable or odd position, reposition, cover, and leave the baby to self-quiet.	Active sleep occurs less often. Start music box, gently pat, re-cover. Leave the room. Babies crawl to corner of crib, like toys close. Be sure his or her face is clear.	The child may awaken to be sure you are there. Sometimes the child will stand in his or her sleep. Reassure the child. Put back to bed. Leave. They sometimes seem to dream during active sleep periods. This is an important way to release tension.
Drowsy	Sucking is an organizer for sleep. The thumb is good because the baby controls it. Drowsy can be a transition to sleep or to awaken. Parents can help either way. Comfort, encourage sucking, and leave; or gently arouse by uncovering, washing face, talking, and lifting the baby.	A baby may spend time in a drowsy state during the day. During low stimulation periods, they recoup energy by staring blankly or closing eyes often. If it's time for a nap or for bed, put the baby down before he or she gets too tired.	The child may not <i>appear</i> drowsy but is turned inward. The toddler may not respond to you. He or she may not hear you. Gently get the toddler's full attention or allow quiet time alone.
Quiet Alert	The baby is very focused. This is the best time for babies to learn. Sit the baby up facing you. Talk, share eye contact, move, and play mouth games.	Babies who have a parent's full attention in quiet play at some time each day are easier to care for.	Toddlers love books and songs. Listening to your voice is a better way for your child to learn than from the television.

continued on next page



Guidelines for Regulating States, cont.

State	Infant	Older Baby	Toddler
Active Alert	<p>The baby is focused and fully active. This is a time for exercises, motion play, and enjoyment.</p> <p><u>Caution: Watch for signs of overstimulation.</u></p>	<p>Older babies love active play. But, a high activity level can be difficult to stop. The baby may need help from parents to move back to a quiet alert state.</p>	<p>A child may easily become excited and may be highly absorbed in active games. He or she may not hear or respond easily to his or her environment. The child needs help to attend to safety precautions and parent's requests.</p>
Fussy	<p>The baby is fretful, but without crying hard. Respond to the baby's needs. Baby may need to be fed or help the baby move to another state of awareness. Seek less stimulation. Find quiet interest, or put the baby down. Be soft, gentle, and sure of yourself.</p>	<p>The baby may show his or her exhaustion by being angry rather than fussy. The baby may have low tolerance for the parent's timeline. Change the environment. Assess the baby's need for a snack or a nap. The parent should stay calm and quiet and fill the baby's needs.</p>	<p>Overtired, hungry, confused toddlers may act naughty. Parents need to change the overall mood. Fix the bigger problem, i.e., hungry, tired, scared.</p>
Crying	<p>Consolability is related to temperament. Each parent needs to experiment and listen to his or her baby. These actions may help:</p> <ul style="list-style-type: none">-Feeding baby.-Reduce stimulation.-Help the baby "find" his or her thumb.-Talk softly.-Lay a quiet, firm hand on side or back.-Wrap the baby.-Cuddle the baby.-Steadily rock the baby.-Find another person to help with the baby.	<p>Assess the reason for the distress.</p> <ul style="list-style-type: none">-Help fix the situation.<ul style="list-style-type: none">* Change the baby's diaper.* Adjust the bed covers.* Get a drink for the baby.-Then set limits.-Leave the baby to cry (5 minutes only).-Return, fix, and leave.	<p>The child needs attention.</p> <ul style="list-style-type: none">- Give hugs and eye contact.- Listen to the problem.- Respond with love.- Set quiet limits to regulate the problem.- Do not face anger with anger.- Ignore tantrums, but think about bigger needs (i.e., overtired, hungry, confused, scared).



Tricks for Changing My Baby's State

To awaken a drowsy baby...

- ➊ Undress the baby.
- ➋ Sit him or her up.
- ➌ Wash the baby's face and hands.

To settle down an active baby...

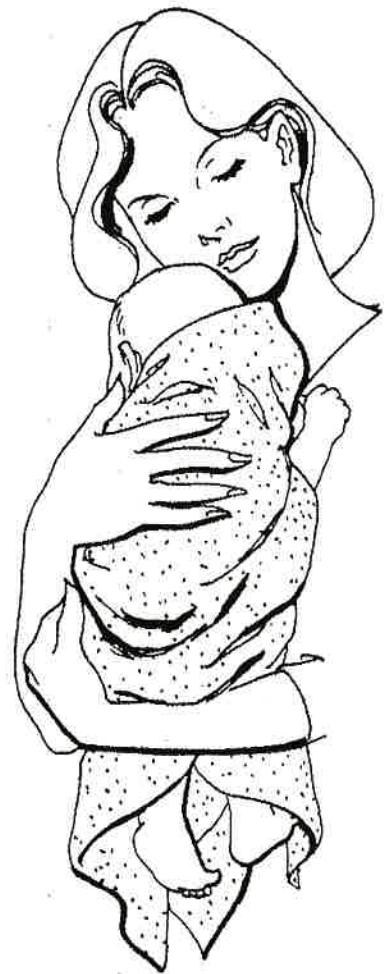
- ➊ Go for a walk.
- ➋ Read a book.
- ➌ Use gentle exercises.

To quiet a tired, fussy baby...

- ➊ Give a warm bath.
- ➋ Hold closely; talk softly.
- ➌ Put the baby down in a quiet place.
- ➍ Feed the baby

To regulate a crying baby...

- ➊ First, ask "Why are you crying?"
- ➋ Fix the problem: hunger, diaper, hurt.
- ➌ If the baby is frustrated, divert.
- ➍ If the baby is angry, let cry, 5 minutes maximum, then comfort.
- ➎ If the baby is exhausted, hold him or her close and rock, or lie down and cuddle the baby close to your body; use deep breaths and a low voice. Coo, stroke the baby, and relax.
- ➏ Remember, your baby reflects your feelings. If you are exhausted, find someone else to help with the baby.





Tuning In / Tuning Out

Putting all the Cues Together

It is important to look at the interaction as a whole.

Engagement Cues – Ready to learn and interact.

Verbal

Sucking
Cooing
Giggling
Babbling
Talking

Nonverbal

Smiling
Eye contact
Hands open
Eyes widening
Hands together
Facial brightening
Reaching toward caregiver
Smooth cyclic movements
Head turning toward caregiver

Disengagement Cues – Baby needs a change or a break.

Verbal

Sighing
Whimpering
Whining
Fussing
Crying
Hiccupping
Spitting
Choking
Vomiting

Nonverbal

Frown
Yawn
Pained face
Puckered face
Squints/blinks
Turning away
Head lowering
Gaze aversion
Clenched hands
Tongue show
Back arching
Jerky activity
Tray pounding
Finger extension
Hand to ear or mouth
Pulling or pushing away
Walking or crawling away
Increased kicking movements
Arm extended in half position





Emotions Allow Babies to

♥ Communicate

The baby cries to signal distress.
The baby laughs to signal joy.
The baby points and kicks to signal interest.
The baby yawns to signal tiredness.
The baby turns away to signal overload.
The baby stiffens and tightens body to signal fear.

"I need you."
"I like this."
"What is that?"
"Put me to bed."
"I need a break."
"Hold me; help me."

♥ Feel Effective

The baby screeches and adults turn.
The baby coughs and parents come.
The baby laughs and everyone laughs.

"Look, they noticed me!"
"I can get them to come to me."
"They heard me; they like me."

♥ Be Energized or Motivated

"This is fun. I'll kick and laugh again and again."
"I don't want to be alone. I'll scream until somebody comes."
"I'm afraid. I'll pant and grunt and reach up for help."
"I'm interested. I'm learning. I want to keep practicing."

♥ Connect With Other Humans

"I laugh when they laugh. I'm one of the group."
"I cry and they come. We understand each other."
"I stop when they frown. I may be in danger."
"I want to belong. I will copy my parents."





Sharing Emotions

Emotions are universal – the same for all humans.

- ♥ We understand others through emotional signals.
- ♥ We read and act on emotional signals before we hear and process words.
- ♥ We connect with people who understand our emotional signals.

Even newborns express and understand emotional signals.

- ♥ By expressing emotional signals, babies get help to survive.
- ♥ Babies read the touch, voice, and face of their parents. Babies regulate their actions in response to these emotional signals.
- ♥ By understanding emotional signals, babies share the joy and pain of others. This is how they learn to understand and accept another's feelings. This is called empathy. This is how babies learn respect for others.

The way parents share emotions with babies becomes a pattern.

- ♥ Sharing emotions is how relationships are built. The way parents and babies share emotions becomes the pattern for the next relationship. This pattern becomes set in the baby's mind.
- ♥ The relationship pattern that babies learned from their parents is what they will use to form other relationships. Babies will expect all relationships to be like the first one.

Patterns of shared emotions give babies a sense of right and wrong.

- ♥ By reading others' emotions, babies learn what others like and don't like.
- ♥ They try to behave in ways that increase shared positive emotions.
- ♥ They try hard to avoid negative emotions.
- ♥ Babies want to fit in with other people and to be accepted and liked. We motivate and regulate one another through emotion. This is how we join into families and communities.

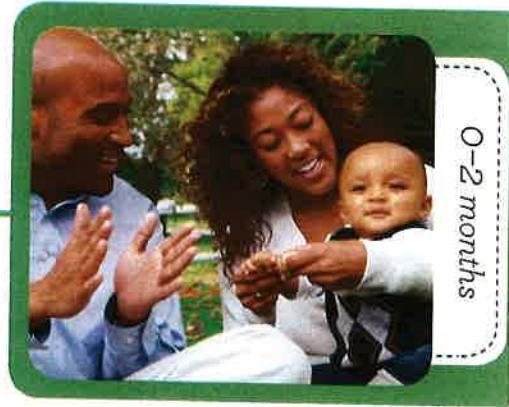
Sharing emotions is how we learn to respect and value other humans.

- ♥ It is one of the most powerful and effective skills we possess.

Communication

Activities to Help Your Baby Grow and Learn

Your newborn is already a communicator. He frets and cries if he needs you, and he may gurgle and coo when he's calm. Even wiggles and squirms are part of his communication. Your baby communicates with his eyes as he looks for yours. He seems to be saying, "You are my most important person." Soon your baby will capture your heart with a real smile!



O-2 months

Humming and Holding

Hold your baby close to the skin of your chest or neck. She loves the feel and smell of that wonderful body. As you walk or rock or simply rest, hum a little tune or lullaby. Baby will hear and feel your soft song.

Squirmly Wiggles

Sometimes your baby will frown, squint his little eyes, and tighten up his little tummy. Ask about that as you hold him to your shoulder and gently stroke his body: "Is air in there? Do you need a little burp?"

Happy Talk

When baby seems to be smiling, have a happy talk about it and smile right back: "Look at that smile!" Soon you'll know when your baby is really smiling at you! It's a magic time for both of you.

"Ooo" to You

While baby is rested, relaxed, and looking at your face, softly say a long "oooooooo" sound. Watch how she reacts. When baby is a few weeks old, she may think your "ooooo" face is very interesting and try to make one, too. Soon baby will try to say "oooooooo" back. What a conversation!

Calling, Calling You!

When you are out of sight and baby starts to cry, tell baby that you hear him and that help is on the way: "I hear you, little one, and I'm coming to you." Your baby will learn that your voice is like a promise and that your face will soon appear. How wonderful!

Talking and Teaching

When your baby is awake and relaxed, take a walk around the room or step outside if the weather is nice. Tell her about the people and things in his world: "This is your window. This is your sofa. This is your sister. Look, this is your flower. These are just for you."

Notes:

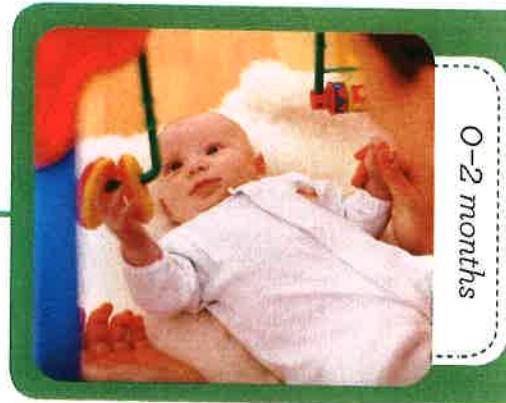


Don't Forget! Activities should be supervised at all times by an adult. Any material, food, or toy given to a young child should be reviewed for safety.

Fine Motor

Activities to Help Your Baby Grow and Learn

Your new baby's hands are usually closed in little fists. If you place your finger in her little hand, you will be surprised at the strength of her grip. If you place a small toy in her hand, that grip will help her hold on to it, although it may be only for a very short time. As she grows, her hands will begin to relax. She will find textures and surfaces interesting, so she may move her fingers against cloth or your face or may grasp your hair, even though she has no knowledge that it is attached to you!



0-2 months

Tiny Tugging

While your baby is relaxed and rested, place your finger in baby's fist. Feel baby's grip on your finger. Now slowly tug baby's hand just a bit. If she holds on, relax and tug once more. Tell baby how strong she is. Switch hands and tug again. Make up a little tugging song to sing as you gently tug and relax.

Happy Holder

Give your baby some experience holding different things with different textures. Place different safe items in baby's grip. Let him hold on to a spoon (cool and hard). Later, let baby hold on to the corner of his washcloth (damp and warm). Let him hold on to a toy or a sock. Just letting him hold different things is a way to teach him about the world.

Family Fingers

Let baby play with the members of her family by holding their fingers. Wash hands before playing this game! When Grandma places her finger in baby's hand, she can greet baby and have a little talk: "Hello, beautiful! I'm your grandma, and you are holding on to my finger!" Next, let brother or sister have a turn. Stop when your baby gets tired or starts to fuss.

Happy Hands

After baby's bath, rub some baby oil or lotion on his hands. Gently massage the wrist, palms, and each tiny finger. Tell baby about what you're doing: "I'm rubbing your beautiful little thumb."

Scarf Pull

Place one corner of a smooth scarf or handkerchief in baby's hand. Now pull it through slowly, open it, and let the colors flutter in front of baby's gaze. What a colorful surprise!

Notes:



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Gross Motor

Activities to Help Your Baby Grow and Learn

Your amazing new baby will grow rapidly during these first weeks. Her limbs are held close to her body and her fists are tightly closed. Although her neck is not yet very strong, she will soon want to lift her head, especially while on her tummy. (Your careful supervision is important anytime baby lies on her tummy.) Within a few weeks, she will be able to hold her head up for a few seconds while you hold her up to your shoulder. Her knees are usually pulled up toward her tummy, but soon she will relax and practice kicking.



Open Wide!

After bath time when your baby is feeling relaxed and awake, hold baby's fists close to her chest, then gently pull them apart to an open position, then pull them closed again. Make a little song about it: "Close the baby. Now open up the baby. Now close the baby. Now kiss the baby!" Baby will have fun playing and watching your happy face.

Baby Tummy Time

While baby is on his tummy, lie beside him with your face by his. Hold his fingers and meet his eyes. Talk a bit and sing. Smile and let him know how wonderful he is. What a happy way to visit! Next time place yourself on baby's other side.

Tickle Toes

While your baby is on her back, help her learn about her feet by playing games with her feet and toes. Put her feet together and kiss the bottoms: "Yum yum, what tasty little feet you have!" Nibble her little toes and blow little buzzing sounds into her toes. Be sure to watch baby's face to make sure she's having fun.

Things Are Looking Up!

While baby is on his tummy, watch for signs that his head and neck are getting stronger. When baby begins to lift his head, place an interesting toy or a shiny spoon in front of his gaze, and encourage him to raise his head to get a better look. Talk about how strong he is when he lifts his head.

Hide the Mommy (or Daddy)

While baby is lying on her back, place yourself on one side with your face at about her level. Talk to her and call her name: "Hi, little baby. Where's your mommy?" When baby turns her head to your voice, be sure to smile and show a happy face: "You found me!" Now play the game from the other side.

Beautiful Bath Time

While bathing baby, take a little time to give him some extra massage. Talk to him while you gently rub his "special little neck," "rumpled little tummy," or "strong back and beautiful bottom." You might also talk as you pat baby dry after the bath. Your hands on these body parts will teach baby about his body, and he will hear the love in your voice.

Notes:

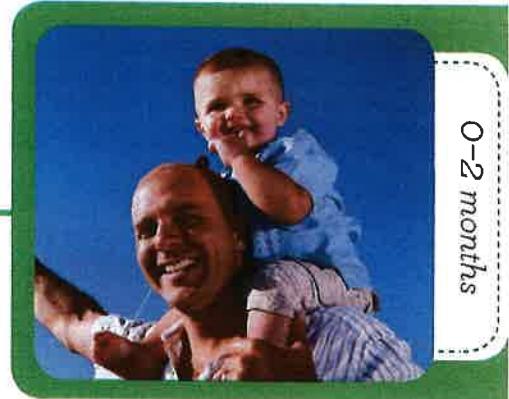


Don't Forget! Activities should be supervised at all times by an adult. Any material, food, or toy given to a young child should be reviewed for safety. Always stay with baby when he is placed on his tummy or in water.

Personal-Social

Activities to Help Your Baby Grow and Learn

Your new baby needs you right now. She depends on you to feed her and keep her warm and safe. Your baby interacts by looking at you or using her voice to get your attention. When you respond to her cries, she learns to trust you. She will enjoy being held and talked to by others in the family, but you are the most important person in your baby's world.



O-2 months

Mealtime Moments

As baby nurses or takes a bottle, softly touch her little cheek, forehead, or tiny ears. Look her in the eyes and tell her she is like no other—your own little miracle. Your baby may want to stay right there in your arms, even if she is not eating.

What Did You Say?

As soon as your baby is born, he is trying to tell you something. Babies' first "words" are cries that say, "I want you," "I'm cold," "I'm hungry," or "I'm tired." Listen and learn what each cry means. Talk to him: "Are you hungry?" "Are you tired, little baby?"

Whose Hand Is That?

When your baby is rested and not hungry, place her on her back and sit next to her. Stay close. Tell her you love her. Talk to baby about her body: "Look at your hands! Your fingers!" Everything is new and interesting to her. Even her body parts are amazing!

Smiley Face

Smile at your baby all day, especially when diapering, bathing, or feeding your baby. Give him little nose kisses. In the first few weeks, your baby's smile is mostly a reflex, but soon he will smile back at you. What a wonderful sight!

What's Next?

Talk to your baby about her day and what is going to happen next. She does not know the words yet but will very soon. This will help your baby learn the routine: "It's time for a nap." "It's time to eat."

Give Me a Break!

Your wonderful baby is able to let you know he needs a break. He may do things like look away, yawn, cry, or arch his back. He may need a nap or just a little break. After a rest, he will be ready to enjoy his interesting world again.

Notes:



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Problem Solving

Activities to Help Your Baby Grow and Learn

Your newborn baby can do amazing things. Your baby can see your face when you hold her close. She can hear your voice. She can hold your finger in her hand. Your baby's brain is growing very fast, and play is very important for her brain development. Right now play is about interacting with you and very simple objects or toys. In the first months, your baby can only see things that are about 8–10 inches away; everything else is fuzzy. Your baby's brain is taking in sounds she hears from the very beginning. Very soon she will begin to understand simple words.



0-2 months

Circles and Waves

You can make a simple picture for your baby to look at. Use a piece of cardboard and nontoxic black or red markers. Draw thick, simple, large lines with curves or circles. To help him focus, bring it close (about 10 inches). Wow. That is cool!

Rattles and Rainbows

When your baby is lying on her back, hold an object about 10 inches above her head. A rattle that makes a little noise will help get her attention. Slowly move the object back and forth in a rainbow arch from side to side. You can also make a rainbow from her belly to above her forehead. Your baby will watch the object with her eyes.

Look at Me!

Hold your baby close to your face. Smile, stick out your tongue, or make a silly face. Do this slowly so baby can take it all in. Watch what he does!

Simple Stories

At quiet times and before sleep, talk to your baby in a soft, gentle voice. Tell her simple stories or talk about the day. She will not understand you at first, but she will very soon. What she will love is being cuddled and looked at and listening to your voice.

Sing to Me

Baby will love to hear your high, sing-songy voice. Talk slowly in a high voice. You do not have to talk "baby talk." You can look at a picture book and talk about the pictures. Or just talk! He will soon begin to make sounds to talk to you.

Lap Time

After a few weeks, your baby can hold her head up while you hold her in your lap. Put new things close to her to look at on the floor or the table. She will enjoy seeing these things up close. Tell your baby what she is seeing: "Cup. That's your cup." "Look, here is your sock."

Notes:



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