



# happiest baby

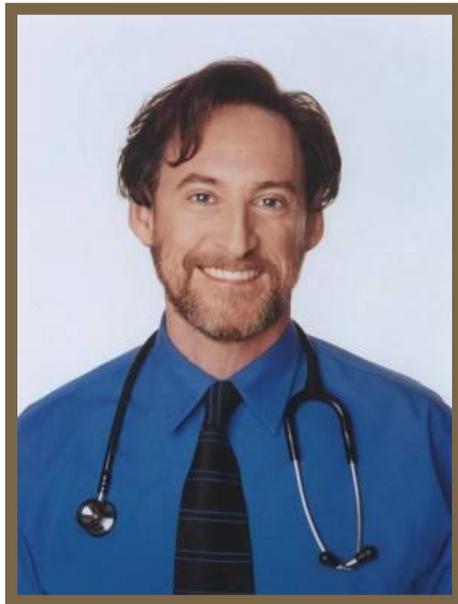


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TAMPERE UNIVERSITY  
OF APPLIED SCIENCES

## Dr. Harvey Karp, M.D, F.A.A.P



- Assistant Professor of Pediatrics in **Santa Monica, Ca**
- Author **Happiest Toddler on the Block**
- Helped thousands of parents
- On Dr. Phil. CNN, ABC World News Tonight, Good Morning America, Newsweek and People Magazine

# A New Mother

To calm a crying baby is *instinctual*, but the *ability to do so* is a skill which must be learned.



# What is colic?

- The rule of three's
- Myth about blowing off steam?
- Strengthening lungs?
- Meet the need!

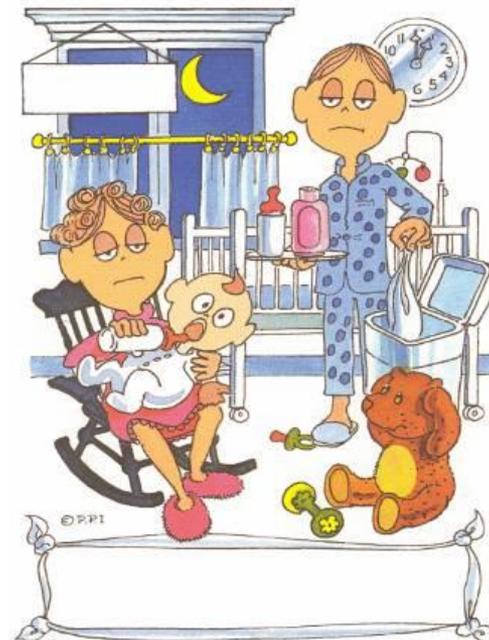
# Facts about colic

- Crying starts at two weeks, peaks at six weeks, and ends by three to four months of age
- Looks like pain
- Worse in the evenings

- Crying often improves with rocking, holding, shhing and gentle abdominal pressure
- Babies are healthy and happy between crying
- In many cultures, babies never get colic
- Colic in Vietnam?

# Harmful consequences of prolonged crying

- **Exhaustion**
- **Breastfeeding Failure**
- **Marital Stress**
- **Postpartum Depression**
- **Child Abuse-Shaken Baby Syndrome**
- **SIDS**



# Things that are not usually causes of colic

- GI disorders
- Maternal anxiety
- Difficult temperament
- Brain immaturity

# The true basis of colic

The **true basis of colic** is that *fussy babies need the sensations of the womb to help stay calm.*



# The calming reflex

-> Requires specific triggers

# Top ten ways to imitate the uterus

- Holding/Sling
- Dancing
- Rocking
- Swaddling
- White noise or singing
- Car rides
- Walks outside
- Nursing
- Pacifier
- Swings



# The 5 S's

- **Swaddling**
- **Side/Stomach position**
- **Shhing**
- **Swinging**
- **Sucking**

# All the 5 S's together!

- Baby's basic needs first
- Only for a healthy baby
- Do it right! It's a skill!
- These will all be explained and taught in the Happiest Baby course





The Happiest Baby course will also give other helpful sleep tips!



# Thank You!



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