**CARING FOR AN INFANT**

**STUDY GUIDE**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period:\_\_\_\_\_**

**SIDS**

1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
2. The sudden, *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* of an apparently *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
3. They are often under *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.

**Prevention Strategies for SIDS**

1. Have the child *\_\_\_\_\_\_\_\_\_*on their *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
2. Do not sleep with *\_\_\_\_\_\_\_\_\_\_\_\_\_*, pillows, or *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
3. Avoid *\_\_\_\_\_\_\_\_* and *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* both during and after pregnancy.

**Four Basic Cries**

1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* - The most demanding cry
2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* - Most obvious, fearful cry of all
3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* - Grows louder and more intense if ignored
4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* - Loud, demanding and varied
5. Meeting crying needs appropriately *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and teaches a child about *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.

**Crying Plan**

1. Have a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* so that when the baby cries *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* or check and how to handle it.
2. Check for the basic needs:
	1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	5. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* to milk consumed (breast or bottle)
3. Try various calming techniques:
	1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	5. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Coping Threshold**

1. How much a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* of something.
2. If you reach your coping threshold for crying, try the following:
	1. Put the baby in its *\_\_\_\_\_\_\_\_\_\_\_\_*
	2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	3. Go do something to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
		1. Play loud *\_\_\_\_\_\_\_\_*, vacuum, *\_\_\_\_\_\_\_\_\_*, sit on the front porch

**Anyone Can Lose It**

1. Everyone is a potential abuser based on the abuse formula:

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Shaken Baby Syndrome**

1. Caused by jostling an infant’s *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* with enough force that the *\_\_\_\_\_\_\_\_\_\_\_\_\_* moves inside the skull and becomes *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
2. Usually in an effort to make the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.

**Consequences to the Infant**

1. If the child is shaken and lives:
	1. Child’s *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* may be compromised
	2. Suffer *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	5. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
2. Shaking a child under 2 years old can cause *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and possibly *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.

**What Can We Do?**

1. We are *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* for shaking a baby.
2. A tired, stressed out caregiver can *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and shake a baby to get it to stop crying.
3. Our job is not to stop the crying, but to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and do our best to meet the baby’s needs.