

Listed below are a variety of additional resources available to you.

## Bright Start Responsive Parenting

This project is funded by the State of South Dakota Office of Child Care Services. This six-week series of classes is designed for parents that have children ages birth to three years. Classes cover a variety of topics including: discipline, temperament, and stress. Classes are FREE and child care may be available.

## Infant/Child CPR

This program is designed to give parents, child care providers, and other adults information and skills on CPR (Cardio Pulmonary Resuscitation). These classes are ongoing throughout the year.

## Insight for Children

These classes are designed to give information about how children develop and why they do the things they do. Topics include sibling issues, temperament, and childhood behaviors. Classes vary in length and are FREE.

## Temperament Project

This project is funded by the Sioux Empire United Way Success By Six Program. Services provided are FREE. Learning about temperament can help with discipline issues, behavior concerns, and social development. Individual temperament consultations are available, as well as temperament screenings.

## Mutch Woman's Health Library

Various materials of interest to women are available for check-out at the Women's Resource Center. Books, videos, and pamphlets cover a variety of topics including but not limited to: parenting, stress, and health information.

# What Are Babies Telling Us?



**Sanford Children's C.H.I.L.D. Services**  
is located at:  
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## What Are Babies Telling Us?

Babies are born with the ability to communicate their wants and needs. Every movement, behavior and sound has meaning. For parents, it is sometimes frustrating to determine what their baby is trying to tell them. Babies can fuss when they are hungry, sleepy, overstimulated or in need of attention. By watching your baby and getting to know him/her you can identify play time, break time and stop-hold me time.

The following identifies some common ways babies communicate. Keep in mind these are generalizations, not specifics. Each baby has a unique personality and temperament all their own.

### Play Time Cues:

I want to play with you when I am:

- looking at your face
- smiling
- cooing
- reaching out to you
- awake and quiet
- having a bright appearance
- making pleasant sounds



### Break Time Cues:

I need a short break from play when I am:

- sucking on my fist, fingers, or pacifier
- holding on to something like your clothes or a blanket
- staring at something for longer than five to ten seconds
- bringing my hands to my mouth
- bringing my hands to my face or head
- having a sober expression
- looking away from you
- yawning

### Stop-Hold Me Time:

I need your help to calm me when I am:

- crying hard for more than five to ten minutes
- hiccupping
- sneezing
- spitting up
- limp
- arching or pulling away

### What are some things I can do to calm my baby down?

- Encourage your baby to suck on their fist, finger, or pacifier.
- Bring your baby's hands to the mid-line of their body and gently hold them there.
- Let your baby brace their foot or leg up against a rolled up blanket or your body. A rolled up blanket placed gently around where baby lies provides warmth and security.
- Let your baby hold on to something like a blanket, or piece of clothing.
- Play soft soothing music for both you and your baby.
- Rocking, cuddling or swaddling your baby also has a calming effect.



For more information, call  
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