

# Have Parenting Questions?

WHY DOES HE MOVE NONSTOP?

WHY DOES SHE CLING TO YOU WHEN BEING IN A NEW PLACE?

WHY IS HE SHY OR APPEAR STUBBORN WHEN IT COMES TO NEW EXPERIENCES?

Your baby's temperament traits influence how your baby behaves and reacts to people, places and situations. In turn, these behaviors and reactions are how your baby expresses his thoughts and feelings, before she can use words.

Learn your baby's temperament traits to understand how these traits influence your baby's behaviors so you can guide and encourage him as he learns and grows.

## GET ANSWERS.

Sanford Parenting Services  
(605) 328-7155

sanfordhealth.org  
keyword: parenting

MUTCH WOMEN'S CENTER FOR  
HEALTH ENRICHMENT  
5019 S Western Ave Suite 200  
Sioux Falls, SD 57108

(605) 328-7155  
mutchwomenscenter@sanfordhealth.org

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## Parenting services

Sanford Children's Parenting Services offers a variety of services and resources to get answers to your everyday parenting questions.

### CAR SEAT EDUCATION AND INSPECTIONS

Is your child riding safe in the car? Get individual car seat education and inspections to keep kids riding safe in the car. Located at CHILD Services, 1115 W. 41st St., Sioux Falls.

### FAMILY AND FRIENDS CPR

You hope you never have to use it; but knowing CPR is one of the most important things you can learn for your family. This class is not designed for participants who must obtain a credential for CPR course attendance.

### SANFORD CHILDREN'S SAFETY CENTER

Keep your home safe. Stop by our Safety Center; a convenient one stop shop for safety items and education. Located at CHILD Services, 1115 W. 41st St., Sioux Falls.

### PARENTING COACHING

Whining, not listening, biting—sound familiar to you? Individual sessions to help you deal with everyday parenting challenges. Parenting Coaching is conveniently available by phone or office visit.

### PARENTING ESOURCE

A parenting email club to receive eClasses, eNews and eNotices such as safety recalls to help you balance life and raise your family. Go to sanfordhealth.org, keyword: Parenting eSource to sign up.

### EVERYDAY PARENTING CLASSES

Get answers to common parenting questions.

## WHAT ARE BABIES TELLING US?



SANFORD  
& Parenting  
YOUR PARTNER THROUGHOUT PARENTHOOD

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# What are babies telling us?

Babies are born with the ability to tell us their needs and wants. Babies can't say actual words yet, but they can talk to us through their movements and actions. Sometimes these movements and actions are subtle and sometimes they are loud and intense.

Babies make sounds such as cooing, crying and grunting. They move their bodies and reach out, turn away, push up or push down. These are their cues.

## COMMON BABY MESSAGES

It can be frustrating at times to determine what your baby is trying to say to you. When your baby begins to fuss does it mean "I am hungry? Sleepy? Uncomfortable?"

To know what a baby wants, try to understand the world through the baby's point of view. What might your baby be feeling? What does your baby want? What does your baby need from you?

### "Let's play" cues

I want to play with you when I am:

- Looking at your face
- Smiling
- Cooing
- Reaching out to you
- Making pleasant sounding noises

### "I need a short break" cues

I may need a short break from people or loud areas when I am:

- Sucking on my fist, fingers, or pacifier
- Holding onto something like your clothes or a blanket
- Bringing my hands to my mouth
- Bringing my hands to my face or head
- Looking away from you
- Yawning

### "Hold me close" cues

I may need your help to calm me when I am:

- Crying hard for more than five to ten minutes
- Hiccupping
- Sneezing
- Spitting up
- Arching my back or pulling away

## WHAT ARE SOME THINGS I CAN DO TO CALM MY BABY DOWN?

First of all, if you are upset or stressed, take some deep breaths and calm yourself down first. When you are tense your baby will feel your tension and likely get more upset.

- Check for the basics. Does your baby need to be fed or need a diaper change? Is your baby tired and needing a nap?
- Encourage your baby to suck on a fist, finger, or pacifier. Sucking is your baby's natural calming action.
- Bring your baby's hands to the middle of the body and gently hold over chest. This helps your baby calm down as it is comforting to have her arms close to her body.
- Let your baby hold onto something like a blanket or piece of clothing.
- Play soft soothing music for both you and your baby.
- Rock or sway side to side while holding your baby close.
- Sing or whisper softly into your baby's ear. Simply hearing your voice can help calm baby.



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Questions? Get Answers.*

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By watching and getting to know your baby's cues you can begin to understand what your baby is telling you.