



A Program of SCAN of Northern Virginia

## Frequently Asked Questions

### 1. How do you soothe a baby who cries all of the time or is described as colicky?

Colic is the word used to define uncontrollable crying in a healthy baby. Colic most often occurs with babies under 5 months of age. It isn't a disease and won't cause your baby any long-term harm, but it's a tough thing to go through for both babies and their parents.

Caring for a colicky baby can be very stressful so, learning how to comfort your baby as best you can and asking for help when you need it are the best ways to cope. Below are some tips for soothing a colicky baby:

- Put a warm bottle of water against your baby or give him/her a bath.
- Put your baby in front of a washing machine or dryer; sometimes they like to hear the rhythmic noise.
- If the baby doesn't respond well to the noise, put him/her in a place with less stimulation that is quiet and dark.
- Some babies are soothed by a gentle movement so try a rocker or a baby swing.
- If the baby isn't responding to anything in-home, try moving to a different location or drive them around. Many parents report that driving their baby in the car helped to soothe the crying.
- Swaddle your baby -- it may help them feel calmer and may stop the crying.
- Try giving your baby a pacifier to soothe him/her.
- Seek advice from the baby's pediatrician.

### 2. What should I do if my child rolls onto his stomach during sleep? Do I need to put my baby on his back again in the middle of the night?

Rolling over is an important part of a baby's growth and should be encouraged by parents. Most babies begin rolling over on their own around 5 months of age. If your baby begins to roll over on his or her own during sleep, there is no need to turn the baby back over in the middle of the night. This means that they have developed stronger neck muscles and is a natural development. The most important thing is to always begin the naptime and bedtime routine by placing a baby on his/her back.

### 3. Should I use a monitor that detects a baby's breathing and oxygen levels?

A variety of devices are now on the market to monitor these issues, such as Mimo, Anglecure undermattress sensor pads, Owlet monitors, or Exmoby. However, for infants without special health issues, research has not found that these devices prevent the occurrence of SIDS.

### 4. Why does smoking around a baby increase their risk for SIDS?

Smoking around your baby is bad and can cause a greater risk for SIDS. It can cause a greater risk for SIDS. There are some scientific reasons behind this answer.

Anything that deprives a baby of oxygen increases their risk of SIDS. Because smoke can make it hard for infants to breathe and can paralyze the cilia in their nasal passage preventing them from producing mucus

naturally, it increase their risk of SIDS. Smoking can also have a detrimental effect on developing lungs and a baby's heart. Smoke toxins can lower the regulation of baby's heart rates which can possibly lead to SIDS. Children of smoking parents have two to three times more doctor visits because of respiratory infections. Respiratory viruses are frequently found at postmortem examination of SIDS infants. Smoking around infants is harmful and should be avoided at all costs.

## 5. What to do for parents who plan to bed-share with their children?

Although bed-sharing with infants is highly discouraged, some parents will insist on the practice. There are many steps that can be taken to make bed-sharing safer if it is going to be practiced.

- Parents should not sleep with their infant if they have been drinking alcohol or taking any drugs/medications because they can impair their awareness.
- Don't let the family pet sleep in the bed with the baby. It could accidentally suffocate the child.
- Take precautions to prevent baby from rolling out of bed. Place the baby between mother and a guardrail. Guardrails enclosed with plastic mesh are safer than those with slats, which can entrap baby's limbs or head.
- Do not sleep with your baby if you are exhausted from not having enough sleep.
- Don't fall asleep with baby on a couch. Your baby's head could more easily get wedged between cushions.
- No matter where your baby sleeps, put him/her down to sleep on their back.
- If you're extremely overweight, sleep-sharing might not be safe for your baby.
- Don't sleep in clothing that has long strings or ribbons on it or jewelry as it could be a choking hazard for the baby.
- Don't let older children sleep next to a baby younger than one year.
- Put your baby to sleep only on a smooth, flat mattress without extra blankets and pillows.
- To avoid overheating, dress your baby more lightly than you would if he were sleeping alone.

While room-sharing is considered to be the safest alternative, if parents insist on bed-sharing with their child, these tips will help to make it the safest practice that it can be.

## 6. Is it safe to swaddle my baby?

Yes! Swaddling is safe, but stop swaddling when baby develops sufficient motor skills that would allow them to roll from their back to their stomach. (This could be as early as 3 months). Even when swaddled, babies must always be placed on their back.

## RESOURCES

### Basic SIDS Information

Sudden Unexpected Infant Death and Sudden Infant Death Syndrome [www.cdc.gov/sids/](http://www.cdc.gov/sids/) ♥ 🍌

Safe to Sleep [www.nichd.nih.gov/sts/about/environment/room/Pages/default.aspx](http://www.nichd.nih.gov/sts/about/environment/room/Pages/default.aspx) ♥

### Basic Abusive Head Trauma Information

Shaken Baby Syndrome [www.mayoclinic.org/diseases-conditions/shaken-baby-syndrome/basics/definition/con-20034461](http://www.mayoclinic.org/diseases-conditions/shaken-baby-syndrome/basics/definition/con-20034461) ♥ 🍌

Abusive Head Trauma (Shaken Baby Syndrome) [www.aap.org/en-us/about-the-aap/aap-press-room/aap-press-room-media-center/Pages/Abusive-Head-Trauma-Fact-Sheet.aspx](http://www.aap.org/en-us/about-the-aap/aap-press-room/aap-press-room-media-center/Pages/Abusive-Head-Trauma-Fact-Sheet.aspx) ♥ 🍌

### Father involvement

Getting dads more involved [www.purplecrying.info/sub-pages/information-for-dads/getting-dads-more-involved.php](http://www.purplecrying.info/sub-pages/information-for-dads/getting-dads-more-involved.php) ♥ 🍌

### Soothing Babies

Period of Purple Crying [www.purplecrying.info](http://www.purplecrying.info) ♥ 🍌

Colic 101 [www.parents.com/baby/care/colic/colic-basics/](http://www.parents.com/baby/care/colic/colic-basics/) ♥

### Co-sleeping

New billboards, radio spots aimed at addressing the dangers of co-sleeping [www.wdbj7.com/news/local/new-billboards-radio-ads-will-address-dangers-of-cosleeping/31057308](http://www.wdbj7.com/news/local/new-billboards-radio-ads-will-address-dangers-of-cosleeping/31057308) ♥

Co-sleeping vs room-sharing vs bed-sharing [www.firstcandle.org/cms/wpcontent/uploads/2009/12/CoSleeping\\_BedSharing\\_RoomSharing.pdf](http://www.firstcandle.org/cms/wpcontent/uploads/2009/12/CoSleeping_BedSharing_RoomSharing.pdf) ♥



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♥ Helpful for parents & caregivers

🍌 Helpful for professionals