

Crying!

All infants cry. It's a way of communicating. Babies may cry when they're tired, hungry, too full, uncomfortable, hot, cold, wet, soiled, or in pain. They may cry for long periods or stop as quickly as they started. There may be lots of tears or none at all.

As parents, we naturally want to soothe our crying baby and it's important your baby develops a basic sense of trust in you. This means you should respond to your baby's first cries as quickly as possible.

But how do parents know what a crying baby wants?

If your baby has been awake for some time, they may simply be tired. If they've recently been fed, they may be thirsty, rather than hungry. Signals such as straining and pushing with their arms and legs can be signs of tension or over stimulation. Check your baby's nappy, feel their body to see if they are too hot or cold, and make sure they aren't lying in an awkward or uncomfortable position.

The truth is, sometimes it's not possible to work out why your baby is crying. When this occurs try not to feel too anxious and remember they are not crying just to upset you. Research shows that babies aged between one and three months will generally cry for about two hours each day. After three months, this should decrease as they learn other ways to communicate.

When your baby does cry spend at least 10-15 minutes trying to settle them. Make sure they're comfortable, help them relax by holding them close, singing or talking to them, or rocking them gently in a bassinet or pram. If your baby cries excessively you should consult your doctor to check there isn't any medical problem.

Sometimes it isn't possible to soothe a crying baby; so long as your baby is in a safe place there may be nothing more you can do but let them settle by themselves. While it may be distressing for you to listen to your baby's cries, remember that babies generally don't suffer any physical or emotional injury simply by crying themselves to sleep.

Encourage contentment by interacting with your baby when they're awake and alert. Give them new things to look at or do and change their position often. An interesting mobile or rattle placed 20 to 30 centimetres in front of them will allow your baby to look and touch. Carrying your baby in a sling when they are quiet and alert can also prevent crying, and allow you to get things done.

As your baby becomes capable of more complex gestures – making sounds, pulling faces, laughing and smiling – these new ways of communicating need to be responded to as well. Babies who receive more attention when they cry than when they are calm may learn to gain attention in the future through more crying.

Professor Matt Saunders is Director of the Parenting and Family Support Centre at the University of Queensland and founder of Triple P

Positive Parenting Programme



About Triple P

Triple P is a Positive Parenting Programme that promotes good communication and strong relationships between parents and children. This positive approach to parenting helps parents promote their children's development and manage their children's behaviour in a constructive and caring way.

Triple P helps parents recognise causes of common child behaviour problems and encourage desirable behaviour in their children.



Turner Print Group, Longford, Tel: (043) 33 46275



LONGFORD–WESTMEATH Community Mothers NEWSLETTER



Welcome to the first newsletter of Longford–Westmeath Community Mothers.



Community Mothers are volunteers who use their experiences as mothers as well as local knowledge to support and encourage new parents. All visits take place in the parent's home and the service is free.

There are many reasons why parents use Community Mothers

- You may feel isolated in your community because you have no family–friends nearby
- You may be finding it difficult adjusting to the life of being a parent
- You would like to know what is happening in your local community but don't know where to start!



How does the programme work? If you have at least one child aged between 0 and 5 years you can request a Community Mother to call by asking at the antenatal clinic, asking your Public Health Nurse, Practice Nurse or G.P. or by contacting the programme offices directly.



What the Community Mother will discuss with you will centre on your needs as an individual and as a parent. Trained Community Mothers have excellent knowledge of activities and services in your area particularly those for parents of young children.

In this issue you will find information about the Triple P Parenting Programme and in each newsletter we will focus on a particular area in relation to parenting with useful information and tips. As this is our first issue we welcome your feedback so please do not hesitate to contact us with any queries–comments you may have.



Thanking You

Jenny, Elaine and Catriona

Community Mothers also provide the following services:

- Baby Cafes in Longford and Mullingar
- Parent–Toddler groups in Longford and Athlone
- Triple P Parenting Programmes (see back page for further details)

Athlone Community Mothers

Areas covered by Community Mothers in Athlone include Athlone Town, Moate, Glasson and Ballymore

Paradise Parent and Toddler Group meets Tuesday and Thursday 10am–1pm at St Kieran's Community Centre, Athlone



For more information contact Jenny Fletcher at (090) 64 44936
e-mail: athlonecommunitymothers@eircom.net

Longford Community Mothers

Areas covered by Community Mothers in Longford include Longford Town, Ballymahon, Kenagh, Newtownforbes, Newtowncashel, Lanesboro and Edgeworthstown

Baby Cafe meet every Wednesday from 11.00am until 1.00pm

Parent and Toddler Group meet every Thursday from 11.00am – 1.00pm

For more information contact Elaine Keogh at 043 3348754
e-mail: communitymothers@eircom.net

Mullingar Community Mothers

Areas covered by Community Mothers are Mullingar, Kinnegad, Killucan, Rochfortbridge, Tyrellspass, Kilbeggan, Delvin, Coole and Castlepollard.

**Baby Cafe meet every Tuesday 11.30am until 1.00pm
in Parish Community Centre, Mullingar**

Triple P Parenting Courses available

For more information contact Catriona Corcoran at 044 9348571
e-mail: ccorcoran@westcd.ie



Baby Cafes new initiative by Community Mothers

The Baby Cafe is a new initiative by Community Mothers to provide an opportunity for parents of babies in the 0-12 month age group to meet. The group is different from a parent and toddler group because it is exclusive to babies. Parents are encouraged to play with their babies knowing that they are safe from robust toddlers! The cafe is run by Community Mothers, who share their experiences of parenthood, and offer encouragement and support to all the parents who attend. The baby cafe has a friendly informal atmosphere; tea and coffee is provided as well as information in relation to parenting, vaccinations, weaning, and activities suitable to young children.



Baby Cafe Mullingar

Meets every Tuesday 11.30am until 1.00pm in the Parish Community Centre (beside Cathedral).

Baby Cafe Longford

Meets every Wednesday 11.00am until 1.00pm in Harmony House Community Centre, St Michael's Road.

Useful Websites

www.westmeathchildcare.ie

List of registered crèches – playschools – childminders with the HSE.

www.longfordchildcare.ie

List of registered crèches – playschools – childminders with the HSE.



www.mabs.ie

Loads of information re budgeting, 101 handy recipes, can all be downloaded.

www.treoir.ie

Information for parents who are not married to each other.

www.pnd.ie

Website with useful information about post natal depression (PND) as well as a chat room where women suffering from PND can chat.

www.citizenadvice.ie

Information about all public services, extensive information re education, social welfare, consumer affairs, employment, health, housing, etc.

www.cuidui-ict

Support for all stages of parenthood. Information on ante-natal education, breastfeeding support, parent-toddler groups.

www.breastfeeding.ie

HSE website with breastfeeding information.

www.immunisation.ie

HSE website with information concerning immunisations.

www.fsai.ie

Food Safety Authority of Ireland protecting public health in the area of food safety & hygiene.

www.babymassageireland.com

Information about benefits of baby massage and certified infant massage instructors.

