



QRC: 3445

Price

One Day : \$410 inc. GST

Two Days: \$540 inc. GST

Date

28 Feb - 01 Mar 2019

Venue

Oaks On Collins

480 Collins St , Melbourne, VI, 3000

CPD Hours

10 Hours | 30 Mins

The Unsettled Baby Seminar 2019

2 Day Seminar for All Nurses and Midwives

Need for Program

Inconsolable infant crying and sleep disruption are a great source of concern for parents. This is a common problem affecting approximately a quarter of all parents. There is an abundance of advice and solutions to assist an unsettled baby - all of which are readily accessible. However, this advice is not always pertinent to a specific baby and parent. Nurses and midwives are important conduits to ensure correct information and interventions get to the parent when they need it most. There is a need for nurses and midwives to be correctly informed about the consensus and best practice course of action to implement in the care of an unsettled baby.

Purpose of Program

The purpose of this seminar is to provide nurses and midwives with a deeper understanding of the unsettled baby and, using best available evidence, to assist parents and carers to appropriately respond to the infant.

Learning Outcomes

At the conclusion of this program it is expected that the participants will be able to:

- You will know and apply a range of theories and interventions relating to the care of unsettled babies
- Babies presented to you with unsettled behaviour will be assessed to ensure there is no underlying physiological condition
- That advice you provide to mothers of unsettled babies will be informed with best available evidence
- Parents in your practice will be more confident when dealing with an unsettled baby

Program Schedule

Day One

8:30am - Registration and Refreshments

9:00am

When are Unsettled Babies a Problem?

Infant crying is a means of communication which can create stress and tension under certain circumstances. However, not all crying indicates that the baby has a problem. This introductory session looks at our broad understanding of the unsettled baby. Includes:

- How do you know why a baby may be unsettled?
 - Does it matter if a baby cries or does not sleep?
 - Do responses to crying vary across cultures?
 - Are unsettled babies a red-flag concern for nurses and midwives?
-

9:45am

Normal Physiological Crying and the *Period of PURPLE Crying*®

When a baby cries for the first time after it has been born everyone gives a sigh of relief! It is a welcomed sound. The anatomy and normal physiology of crying is complex. This session reviews normal crying mechanisms and includes:

- Review of anatomy and physiology of crying
 - How much crying can be expected of a baby?
 - What might determine healthy variations?
 - What is the '*Period of PURPLE Crying*®'?
-

10:30am - Morning Tea

11:00am

Wessel's Criteria and Inconsolable Crying

More than a generation ago a paediatrician called Morris Wessel observed the phenomena of inconsolable crying which he described as 'colicky'. This session will address the definition of 'colic' or excessive/inconsolable crying, and consider possible causes and interventions.

- How relevant is Wessel's 'Rule of 3s' today?
 - Is inconsolable crying always bad?
 - What was the outcome of the research of Professor Ian St James-Roberts on infant crying and sleep and why is it important?
-

11:45am

Identifying The Meaning of Crying Sounds

Can we tell what is causing crying by its sound or the baby's behaviour? Some believe this is possible. This session explores the notion that a baby's cry has a specific sound. It Includes:

- What are believed to be the sounds of baby crying language?
 - What do they sound like?
 - Do patterns exist and what do they mean e.g. tired, hungry, sick?
 - Sharing information with parents and other carers
-

12:30pm - Lunch and Networking

1:30pm

Controlled Crying - Good or Bad?

The introduction of controlled crying as a settling technique has come under a lot of criticism in recent years. The use of controlled crying has been identified as detrimental to infants' emotional well-being. It includes:

- A review of controlled crying and its effectiveness and its concerns
 - Is there evidence of a relationship between different parental caregiving beliefs and prolonged crying?
-

2:15pm

Maternal Responsiveness and Infant Crying

How does the mother's behaviour affect infant crying? Consistency and promptness of maternal response is associated with decline in frequency and duration of infant crying.

- How does this relate to parental concerns on "spoiling" and the practice of controlled crying?
-

3:00pm - Afternoon Tea

3:30pm

Pulling it Together - Two Case Studies

This final session will look at two vignettes accompanied with videos of situations that demonstrate examples of unsettled babies and debates the reasons for this behaviour. Includes:

- A baby crying intermittently during breastfeeding
 - A baby who is distressed by her mother's lack of interaction
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4:15pm - Close of Day One of Seminar

Day Two

9:00am - Commencement of Day Two

9:00am

Helping Babies to Soothe and Promoting Good Infant Mental Health

This session will explore the extensive work of the late Dr Katherine Barnard, a pioneering nurse who made significant contributions to infant welfare across the world. This session reviews her landmark work and the role of the Nursing Child Assessment Satellite Training (NCAST) and its materials, especially Infant States, that can help parents learn to understand their baby. Includes:

- What have we learned from Dr Barnard's work?
 - What do heartbeats and rocking have to do with soothing crying babies?
 - How can this information be shared with parents and carers?
 - What can we learn from mothers from different cultures to soothe babies?
-

9:45am

The Unsettled Infant and the Passage to Sleep

At different stages in an infant's development there is an identifiable "passage-to-sleep". Unsettled infant behaviours however, may present as: problems drifting to sleep; intermittent short sleep periods; and frequent waking at night. This session includes:

- What is considered a normal "passage-to-sleep" for an infant?
- What about cultural considerations?
- How can you assess a baby who you suspect has a disrupted "passage-to-sleep"?
- What can you do to help the parents?

10:30am - Morning Tea

11:00am

Attachment and the Importance of a Secure Base

It is well known that the quality of an infant's attachment profoundly influences their long term development. Crying can affect parental bonding and vice versa.

- How useful are theories about attachment and separation in today's world?
 - Identifying the early signs of failure-to-attach caused by crying babies and what strategies can you use to divert this situation?
 - What about separation anxiety and the clingy infant?
-

11:45am

Infant Crying as a Trigger for Abuse

An unsettled baby can trigger a raft of problems in a family setting. This session looks at which families are more at risk and why?

- Shaking babies and direct injury; how do we interact with parents whose behaviour we deplore?
 - The influence of guilt and shame
 - What is our mandated responsibility and how do we continue to work with these families?
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12:30pm - Lunch and Networking

1:30pm

Strategies that Families Try Including Resources

This session involves a debate where you can share your stories of what has worked for mothers and other carers of unsettled babies. The following questions will be considered:

- How desperate do parents become and what do they try?
 - What helps and what makes things worse?
 - What interventions that you use to assist mothers and other carers are based on evidence?
 - What resources are available and when to refer?
-

2:15pm

Managing Separation Anxiety and the Clingy Baby

Separation anxiety is a normal emotional development however, occasionally it can become problematic. Some babies persist in needing more and more comfort and seem insatiable for attention which can have profound unwanted consequences.

- What can parents do when clinging behaviour persists beyond reasonable developmental stages?
 - Will babies always 'grow out' of this behaviour?
 - How to assist parents who do not wish to follow well-meaning advice
-

3:00pm - Afternoon Tea

3:30pm

Developing a Plan for Educating Mothers

Expectations of childbirth and child rearing are seldom based in reality. Education can be viewed as an early intervention strategy that could divert risks associated with unsettled babies before they occur. This practical session aims to develop a plan for nurses and midwives to parents to raise awareness of unsettled babies and the best way to manage this situation.

4:15pm - Close of Seminar and Evaluations

Presenters

Michele Meehan

Michele Meehan is a Maternal and Child Health Nurse currently working in her private practice, 'Parenting Matters', and lecturing on child health topics. Prior to this, she worked for 30 years at the Royal Children's Hospital, Melbourne, as a Clinical Nurse Consultant. Michele holds a Master's Degree in Health Science - Parent and Infant Mental Health, and wrote her minor thesis on the topic of 'Infant food refusal'. Her qualifications also include midwifery, community health nursing, health education and counselling and psychotherapy.

Registration form

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