



**QRC: 3900**

**Price**

One Day: \$429 incl. GST

Two Days: \$559 incl. GST

**Date**

13 - 15 Sep 2020

**Venue**

Rydges Sydney Central

28 Albion Street

Surry Hills NSW, 2010

**CPD Hours**

10h 30m

# The Unsettled Baby Seminar

## Two-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:

- Know and apply a range of theories and interventions relating to the care of unsettled babies
- Assess babies presenting to you with unsettled behaviour to ensure there is no underlying physiological condition
- Provide advice you to mothers of unsettled babies that is informed by the best available evidence
- Help parents in your practice 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 that 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. It 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:

- What is the 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. Discuss:

- How relevant is Wessel's *rule of threes* 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

### **Do We Need a Diagnosis for the Crying Infant?**

Many parents can be reassured about normal crying behaviour, but some may want a diagnosis. We will explore:

- What conditions or symptoms might present with a history of persistent crying?
  - What details of crying history are relevant?
  - How do we give parents an explanation of our assessment of normal crying issues?
- 

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 wellbeing. It includes:

- A review of controlled crying – its effectiveness and concerns
  - The evidence on the relationship between different parental caregiving beliefs and prolonged crying
- 

2:15pm

### **Social and Emotional Development in Infants**

Infants develop *individual personalities* as they develop emotionally and socially. Personalities are the result of healthy emotional and social development. Discuss:

- 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 their perception of their baby's developing personality
- 

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. It includes:

- A baby crying intermittently during breastfeeding
  - A baby who is distressed by her mother's lack of interaction
- 

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, 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. It 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, or 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. This session includes:

- How useful are theories about attachment and separation in today's world?
  - How can you identify 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. Explore:

- Shaking babies and direct injury – how do we interact with parents whose behaviour we deplore?
  - What is the influence of guilt and shame?
  - What is our mandated responsibility and how do we continue to work with these families?
- 

12:30pm - Lunch and Networking

---

1:30pm

## **Social and Emotional Wellness and Challenging Behaviour**

Working with older babies and young toddlers we face the challenge of trying to understand and describe the relationship between behavior and communication. It includes:

- How do we identify acting out and social withdrawing behaviors exhibited by infants and toddlers?
  - What family circumstances, including maternal depression, can have an impact on the social and emotional development of infants and toddlers?
  - Can we identify ways in which parents can use reflection to address their child's needs?
- 

2:15pm

## **Managing Separation Anxiety and the Clingy Baby**

Separation anxiety is 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. This session will explore:

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

3:00pm - Afternoon Tea and Coffee

---

3:30pm

### **Developing a Plan for Educating Mothers**

The expectations of childbirth and child rearing are seldom based in reality. Education can be viewed as an early intervention strategy that could divert the risks associated with unsettled babies before they occur. This practical session aims to develop a plan for nurses, midwives and 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

Please fill out this form and mail it to: **Ausmed Education Pty. Ltd.**  
Level 1 / 171 LaTrobe Street,  
Melbourne, Vic 3000



## Which program would you like to attend?

Program Name

.....  
.....

City

Dates

.....

## Quick Registration Code

**Do you know the program's QRC?**  
If you do, just write it below and we will know exactly which program you would like to attend.

**QRC** \_ \_ \_ \_ \_

## ① Your details

First Name

.....

Last Name

.....

Workplace

.....

Address

.....

Phone ( )

.....

Postcode

.....

Mobile

.....

Email

..... @

## ② Billing details

Same as the details above? ☐

First Name

.....

Last Name

.....

Address

.....

Postcode

.....

Phone ( )

.....

Email

..... @

Mobile

.....

## ③ Payment

Select payment method:

☐ Money Order / Cheque

or



(1% Surcharge will be applied)

Postal Address:

Ausmed Education Pty. Ltd.  
Level 1 / 171 LaTrobe Street,  
Melbourne, Vic 3000

Email: ausmed@ausmed.com.au

Ph: (03) 9326 8101

Fax: (03) 9326 8179

Name on Card

.....

CVV No.

.....

Credit Card Number

.....

Expires

\_\_\_\_ / \_\_\_\_

Signature

.....

Total \$

.....

Disclaimer: Ausmed Education will make every effort to ensure that the advertised speakers present at this educational event. If a speaker withdraws from the program, a replacement speaker will be scheduled. To the extent permitted by law, Ausmed Education and its consultants expressly disclaim all and any liability relating to any information given at an Ausmed Education ("information") and for the results of any actions taken in reliance on the information, and are not responsible for any error in or omission from the information. The information is not intended to be used as medical advice and should not replace the services or advice of a qualified health care professional. The information is of a general nature and does not take into account the circumstances, physical wellbeing, mental status or medical requirements of a particular person which are relevant to the correct diagnosis and treatment of any health condition. Do not disregard, or advise others to disregard, medical advice or delay seeking it because of the information.

Refunds Cancellations and Non-Attendance: In the event of a cancellation a standard handling charge of 10% will be deducted from your refund. We regret no refund will be given if notification occurs less than seven days prior to the event. Registering for this educational event confirms your attendance and all responsibility for payment of fees. If we have not received written notification that you cannot attend, payment in full will still be required. We do not accept cancellations by telephone under any circumstances. All written cancellations received will be responded to. By registering for this event, you agree to be bound by the terms and conditions outlined above.

© Copyright Ausmed Education 2019

ABN 33 107 354 441