

Listed below are a variety of additional resources available to you.

Bright Start Responsive Parenting

This project is funded by the State of South Dakota Office of Child Care Services. This six-week series of classes is designed for parents that have children ages birth to three years. Classes cover a variety of topics including: discipline, temperament, and stress. Classes are FREE and child care may be available.

Infant/Child CPR

This program is designed to give parents, child care providers, and other adults information and skills on CPR (Cardio Pulmonary Resuscitation). These classes are ongoing throughout the year.

Insight for Children

These classes are designed to give information about how children develop and why they do the things they do. Topics include sibling issues, temperament, and childhood behaviors. Classes vary in length and are FREE.

Temperament Project

This project is funded by the Sioux Empire United Way Success By Six Program. Services provided are FREE. Learning about temperament can help with discipline issues, behavior concerns, and social development. Individual temperament consultations are available, as well as temperament screenings.

Mutch Woman's Health Library

Various materials of interest to women are available for check-out at the Women's Resource Center. Books, videos, and pamphlets cover a variety of topics including but not limited to: parenting, stress, and health information.

Siblings and Colicky Infants

C.H.I.L.D. Services of Sanford Children's is located at:
1115 W. 41st Street, Sioux Falls, SD
(605) 333-0698



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Siblings & Colicky Infants

Walking around the room, a mother consoles her fussy infant. She tries different things to calm the baby, but it has little affect. Soon the infant's cries turn to screams and the parent's walking steps turn to frantic pacing. Absorbed in her newborn's needs and the demand of parenting, she feels drained and tired. These demands leave her little time to consider how her older children are coping with a fussy new baby. Colicky behaviors in infants can be stressful for older siblings too. Adults use their life experience to reduce stressful periods. These life experiences along with support from physicians, adult family members, and friends can help parents of colicky infants cope with stressful episodes. But children don't have those life experiences to draw upon. Children go by what they see and feel. Because of these limited coping and expressive skills, children can be more vulnerable to stress. Children will usually not tell you they are under stress, but parents will typically see a change in their behavior. These behaviors may include acting out or withdrawn types of behavior. Below are some suggestions to encourage a positive family adjustment with a fussy or colicky infant.

- Explain to your older child that crying is the best way a baby has to communicate their wants and needs. Tell them that you will do everything you can to help calm the baby, but sometimes the baby will continue to cry, and that is alright.
- Plan some alone time with older siblings; walks to the park, reading a book together, playing a game or going shopping can add a much-needed break.
- Be aware of your own emotions-stressed parents lead to stressed children. Let family or trusted friends care for baby when you need a break. Going out for a movie, dinner, or just a walk around the block can increase your level of patience.
- Talk with your older children about the situation in terms that they can understand-but also be a good listener. Drawing pictures or pretend play can be a good start. Ask them how they are feeling. Encourage them to talk about their feelings toward the new baby, positive and negative.

Reinforce to them that it is alright to have negative feelings about the baby crying, but it is never alright to hurt the baby.

- It is normal for older children to become annoyed with baby's crying or become mad at you for not being able to quiet the baby. Toddlers or preschoolers may even put their hands over their ears and shout firmly for the baby to be quiet. If left alone, older children may try to quiet a crying baby by placing their hands or an object over the baby's mouth. If your older child becomes agitated or upset when the baby cries, find positive ways to ease the situation. Try turning on the radio or CD player and dance with your baby and older children. Sing songs or walk "silly" steps like big steps, little tiny steps, backward steps, etc. and have older children copy you. Vacuum together or take the baby outside for a stroller walk. If your older child is sensitive to loud sounds or baby's continual cry, have a safe quiet place for them to go to calm down. Older siblings can play with a toy, or put together a puzzle. Some other alternatives might be day care, a friend's or neighbor's house, or time with grandma and grandpa.
- Explain to siblings that colic is something that just happens. Adults sometimes don't know what causes it, but it is nothing you or I have done. It will end, this doesn't last long. Let them help you develop a list of techniques that may help to soothe their newest family member.
- Keep routines for siblings as much as possible. Keeping mealtime, bedtime, playtime, schooltime, or day care routines helps encourage a positive family adjustment.
- Maintaining guidance and limits may help older children feel secure. Patience and understanding are also important.
- Sometimes siblings may feel that the baby doesn't love them. Encourage your older children to interact when the baby is not fussy. Supply ideas and toys that are appropriate and safe. Older children can be wonderful at entertaining a new baby and this builds a positive, strong sibling relationship.

**For More Information
call C.H.I.L.D. Services
(605) 333-0698**