

# Pregnancy & Parenting

Fall 2009

News from the Women's Health Resource Center

 **Dartmouth-Hitchcock**  
MEDICAL CENTER



## Sleep Like a Baby

**“Sleep like a baby”** Have you ever heard this phrase and wondered if the person had ever spent one night with a newborn?

Coping with sleep deprivation is one of the biggest challenges facing new families as a baby's unique sleep patterns can be a source of confusion and frustration. Throw in a good dose of conflicting advice and you have recipe for chaos. So, we decided to ask well-known pediatrician, and former director of the Newborn Nursery at DHMC, Jennifer Shu, for her advice on parents' most frequently asked questions at the Women's Health Resource Center.

### **My baby will only sleep in my arms, car seat, or swing. Will she be spoiled?**

While it is impossible to spoil a newborn baby and you'll want to attend to her needs as much as possible, “babying” her too much after about 4 months can certainly have a spoiling effect and invite trouble for the future. In the first month, when all babies do is eat and sleep anyway, there is a good chance she'll conk out *(Continued on page 2)*

## “Got Sleep?”

**TUESDAY, OCTOBER 6, 1:30 – 2:30 P.M., WHRC**  
Join DHMC pediatrician, Sohini Stone, for a discussion on newborn sleep habits, normal patterns and a review of popular techniques to help your baby (and you!) sleep.

**PAGE 4**

### **JODI MINDELL, PhD, “SLEEP DEPRIVED NO MORE”**

A free lecture presented by Good Beginnings of the Upper Valley.

**PAGE 3**

### **BABY'S FIRST FOODS WORKSHOP**

Join a registered dietician as we explore the world of “starting solids”.

**PAGE 5**



# Sleep Like a Baby

(Continued from page 1) pretty regularly in your arms, car seat, or swing. As she gets older, try to get her to the bassinet or crib before she falls asleep completely. Sleeping in a car seat in the car is safe and often unavoidable, but once you get out of the car it's ideal to have your baby sleep in the crib or bassinet, as it can be uncomfortable and possibly unsafe to sleep in a semi-folded position in the car seat for a long period of time. Occasional short naps in the swing with the seat reclined may be okay, but it's best not to turn these into a habit.

## **When will my baby sleep through the night?**

The answer depends on how you define "sleeping through the night." Most medical experts define it as sleeping at least one 5-hour stretch when it's dark outside. If you use this definition, over 90% of babies will succeed by about 4 months of age. If you're like me and consider "sleeping through the night" as an interrupted minimum of 8 hours, then your baby will probably achieve it anywhere between 1 week and 1 year of age, but usually closer to 1 year. Most ba-

bies will sleep 8+ hour stretches by the time they are eating more during the day—typically once they start to eat 2 or 3 meals of solid food daily in addition to their breast milk or formula, or roughly around 6 to 9 months of age. Many a breastfed baby will continue to wake up once or twice at night for a feeding and then go back to bed. If your baby is truly hungry (meaning that nothing except breastfeeding will satisfy him and he doesn't just take a quick taste and use the breast as a pacifier), then make these feeding sessions as quick and unexciting as possible. He will eventually outgrow the need for many night feedings as he gets bigger.

## **My baby feeds four times each night and my neighbor only feeds once. Is this normal?**

Every baby is different so this behavior can be normal for both babies, depending on their ages. Assuming we're talking about newborns, you can usually expect to go at least 2 hours in between nighttime feedings, but ideally it will be 3 hours or more.

If you find your baby is waking more frequently than that, try to comfort her (with anything but feeding) and see if she can hold out a bit longer before feeding again. It may be that your baby has her nights and days mixed up. If so, try to keep things dark, quiet and boring at night and louder, brighter and more exciting during the day. Within a few weeks she'll become less of a night owl and take most of her feedings when the sun is still out.

## **My mother says it is okay to let him cry. Is it?**

Many new baby books, parenting experts and well-meaning relatives matter-of-factly lay out the merits of teaching babies to fall asleep on their own (without parental assistance) and allowing them to "cry it out". Keep in mind that most of the "don't-rely-on-sleep-aids-to-get-your-baby-to-sleep" advice is usually meant for babies as they approach 4 months of age. Instead, do what you can in the early days to get your baby to fall asleep—whether cradled in your arms, snuggled up on your chest, or in the back of your car secured in her

car seat instead of her crib—and just do it (“it” being whatever you need to do, within reason, to get you both some rest), temporarily. Do try to get your baby to sleep in his crib, but there’s no need at this point to leave him to figure out getting to sleep on his own. Create a sleep routine of breast or bottle, bath and books so that your infant is relaxed and ready to rest when bedtime finally arrives. Once your baby approaches 4 to 6 months of age, it may be worth letting him try to cry it out. While this method works for many infants and is the most successful sleep training method that has been studied, remember that it does not work for everyone. You may need to wait a few weeks (or months) and consider trying the sleep training again.

### My baby only takes 20 minute naps. Is this normal?

While short naps may be considered normal, they certainly are not ideal. In order to cycle through all the stages of sleep for optimum growth and rest, naps should be at least 30 minutes long, and better yet, closer to 1 ½ to 2 hours. You may be able to consolidate your baby’s naps. For example, if she wakes up after 20 minutes, try not to pick her up right away and see if she’ll get herself back to sleep. You can also gently rub or pat her back in hopes that she doesn’t wake up completely. Also, although this concept may be counterintuitive, poor sleep may be a sign of being overtired; when babies are wound up, it can be harder for them to relax and go through the sleep stages properly. In this case, you’ll want to put your baby to sleep well before she starts rubbing her eyes or acting cranky.

### Why won’t my baby sleep in her crib?

Babies often won’t sleep in the crib if they’re used to being picked up and held to sleep or placed in a car seat, swing, or sling instead. This practice trains them to relax in places other than the crib, starting a bad habit and possibly being unsafe since cribs and bassinets—products designed for sleep — have been tested for safety during sleep. It would be worth your while to try, try and keep trying to get your baby to sleep in her bed. Often this may mean comforting her until she is relaxed and drowsy but not completely asleep and then putting her into the crib. If she wakes up immediately,

this means she is in a light stage of sleep and will either start crying or soothe herself back to sleep. Remember that it can be a rude awakening to go from being held in a parent’s soft and warm arms to lying flat on a firm crib mattress, so you may need to bend over and cuddle with your baby for a few minutes to ease the transition.

### > For more information on this important topic:

- Come to the WHRC on October 6 for a free lecture and discussion of your baby’s sleep issues (see sidebar).
- Go to Dr. Shu’s website, [www.jennifershu.com](http://www.jennifershu.com), and check out her blog.
- Visit the WHRC library for Dr. Shu’s books: *Heading Home with Your Newborn: From Birth to Reality*, *Baby & Child Health: The Essential Guide from Birth to 11 Years*; and *Food Fights*.
- Attend Good Beginnings’ presentation “Sleep Deprived No More” by Jodi Mendell, PhD, on Monday, October 26 (see sidebar).



## Women’s Health Resource Center

Located on the mall  
in Lebanon, New Hampshire.

**Hours:** 9 - 5 p.m. Monday–Friday

**Phone:** (603) 650-2600

**Fax:** (603) 650-2609

**E-mail:** [whrc@hitchcock.org](mailto:whrc@hitchcock.org)

**Web:** [www.dhmc.org/dept/whrc](http://www.dhmc.org/dept/whrc)

**Store:** [www.whrcstore.org](http://www.whrcstore.org)

**Mailing address:**

WHRC  
1 Medical Center Drive  
Lebanon, NH 03756

**Editor:** Elaine Shamos

**Contributing Author:** Jennifer Shu, MD

**Design and Illustration:** Erin Higgins

 **Dartmouth-Hitchcock**  
MEDICAL CENTER



## > Fall Highlights

### FREE LECTURES:

#### “GOT SLEEP?”

Join DHMC pediatrician, Sohini Stone, for a discussion on newborn sleep habits, normal patterns and a review of popular techniques to help your baby (and you!) sleep. Dr. Stone will help you develop reasonable expectations when it comes to your baby and sleep. This talk is for expectant families as well as newly minted, sleepy parents.

**Tuesday, October 6 • 1:30 – 2:30 p.m.**

Dr. Sohini Stone, DHMC Pediatrics

### GOOD BEGINNINGS OF THE UPPER VALLEY PRESENTS:

#### JODI MINDELL, PHD, “SLEEP DEPRIVED NO MORE”

Dr. Mindell is author of the following books: *Sleep Deprived No More: From Pregnancy to Early Motherhood—Helping You and Your Baby to Sleep Through the Night* (Marlowe, 2007); *Sleeping Through the Night; How Infants, Toddlers, and Their Parents Can Get a Good Night’s Sleep*; *Take Charge of Your Child’s Sleep: The All-in-One Resource for Solving Sleep Problems in Kids and Teens*.

**Monday, October 26 • 7 - 8 p.m.**

Filene Auditorium, Dartmouth College  
For more information, call (603) 298-9524

# Fall Program Guide

Register for Classes by Calling (603) 650-2600



# Pregnancy & Parenting Classes

Register for Classes by Calling (603) 650-2600

## BREASTFEEDING: THE BEST START

This class is designed to prepare new parents for breastfeeding a newborn. Techniques, timing, position, and avoidance of problems will be discussed.

Choose one of the following Wednesday classes:

**Sept. 2 or Nov. 4, • 6:30 - 8:30 p.m.**

\$25/couple

*Suzanne Greeley, Certified Lactation Consultant*

## TAKING CARE OF BABY WITH PARENT-BABY CONNECTION BIRTH TO SIX MONTHS

The first six months of parenthood is an exhilarating and stressful time. Feel more prepared and discover where to find help in this fun and informational class. We will cover important topics related to baby's first six months of life including: bonding and attachment, brain development, role transitions, time management, crying and colic, sleeping, infant safety, car seats, baby bath, diapering and more! This class is presented in an interactive format. Join us as you are guided through this amazing transformation, which will, in turn, keep you connected for life!

Choose one of the following Wednesday classes:

**Oct. 14 or Dec. 9 • 6 - 8:30 p.m.**

**Auditorium G, DHMC**

\$40/person or couple

*Suzanne Greeley, Certified Childbirth Educator and Lactation Consultant*

## HELLO BROTHER/HELLO SISTER: SIBLING CLASS & TOUR

This program, for children ages 3 - 8 (and their parents), provides a fun atmosphere for big brothers and sisters to learn about the new baby and the important role they play in the growing family. We will talk about the baby developing in mom, the birth, and their time in the hospital, to help them feel a part of the experience and to aid in making the baby's homecoming a happy event. We will play with toys, watch a short video, see a room in the Birthing Pavilion, and look at a brand new baby.

Choose one of the following classes:

**Saturdays, Sept. 19 or Nov. 21 • 10 - 11:30 a.m.**

**Auditoria A & B, DHMC**

\$15/family

*Suzanne Greeley, Certified Childbirth Educator and Lactation Consultant*

## BABY'S FIRST FOODS WORKSHOP

Join a registered dietician as we explore the world of "starting solids". Starting first foods can be overwhelming to figure out how much, how often, and where to start (not to mention how to clean up!). In this class, we will discuss current recommendations for adding first foods to your child's diet. Easy recipes for making your own foods will be provided with other dietary resources.

**Tuesday, Nov. 10 • 10 - 11 a.m.**

\$10 for class and materials

*Gretchen Coonrad, RD, LD, CNSD, DHMC Dietician*

## BABYSITTING TRAINING COURSE

This course is designed around six major themes: safety, basic care, first aid, safe play, professionalism, and leadership. Participants will learn first aid action plans for various kinds of accidents and illnesses children may experience. A manual comes with the training. Family interview form, report records, and resume forms are also included to help you obtain and keep child-care jobs. For boys and girls, ages 11 and up.

**Saturday, Sept. 19 • 9:30 a.m. - 1 p.m.**

\$55 for the course, includes all materials

*Please bring a lunch*

*Jude Powers*

## HEARTSAVER CPR ADULT, CHILD & INFANT

This course teaches CPR and relief of foreign-body airway obstruction for adults, children, and infants and includes a certification card.

Choose one of the following class dates:

**Thursday, Sept. 10 or Wednesday, Oct. 7 6 - 9 p.m.**

\$55/ person, includes book and certificate

*Sue Gregory, AHA, BLS instructor*

## FIRST AID & CPR COMBINED CLASS

This course will cover all aspects of first aid for all ages, including: burns, poisons, seizures, animal and bug bites, broken bones, etc. On the second night, CPR and relief for foreign-body airway obstruction for adults, children, and infants will be taught.

**Wednesdays, Oct. 28 and Nov. 11 • 6-9 p.m.**

\$110/person, includes book and certificate

*Sue Gregory, AHA, BLS instructor*

## HOME ALONE COURSE

This course is designed to teach children ages 8 to 11 how to respond safely to a variety of home alone situations. We will cover: gun safety, internet safety, personal safety, family communications, sibling care, and basic emergency care.

**Saturday, Oct. 17 • 9:30 a.m. - 12 noon**

\$40 for course, includes book and all materials

*Jude Powers*

## FIRST LINE THERAPY— A 10-WEEK PROGRAM TO ENHANCE BODY COMPOSITION

Altered body composition (including overweight/obesity) is the leading cause of chronic disease. This is a 10 week, doctor supervised program during which you will be coached to optimize your body composition. Individual progress will be regularly assessed through measurement of weight, hip and waist circumference, blood pressure and body composition analysis. The course will also include lectures on healthy lifestyle choices, and group discussions to share strategies for overcoming the barriers to optimal health. Come receive the information and tools you need to take charge of your health!

**Tuesdays, Sept. 15 - Nov. 17 • 6 - 7 p.m.**

\$300 for the course (check your health insurance for reimbursement) plus \$200 for individual assessments and body composition analysis with Bioimpedance Analysis (BIA)

*Robyn Jacobs, MD*

## SURVIVAL SKILLS FOR DADS

Are you an expectant father? Would you like some practice with diaper changing before baby arrives? Are you curious what life will be like with a new baby? If so, this class is designed to bring Dads-to-be together to discuss the joys and responsibilities of fatherhood. Based on similar father-to-father workshops, our discussion will include comfort techniques for a crying baby, caring for your newborn, communicating with your partner, and preparing your home for your growing family. Class participants will gather additional insights from veteran dads.

**Thursday, Nov. 12 • 6:15 - 8:30 p.m.**

\$30 for class and materials

*Matt Maher, father of 2 and husband of Holly Maher, Childbirth Educator*

# Pregnancy & Parenting Classes

**Register  
for Classes  
by Calling**

> (603) 650-2600



## PRENATAL YOGA

Gentle stretching, strengthening, and relaxation for all three trimesters. No yoga experience required.

**Ongoing Mondays • 4 - 5:30 p.m.**

\$15/class or 10 week punch card, (no expiration) for \$130

Held at Ancient Healing Arts Yoga (across from WHRC) on the Lebanon Mall. To register, call (603) 442-9540 or e-mail [ahayoga@ahayoga.com](mailto:ahayoga@ahayoga.com).

## YOGA FOR MOMMY & ME

For mothers and babies up to two-years-old. These classes will teach poses that help with the recovery of birth, which include: maintaining good posture, strengthening core muscles, and using good body mechanics with babies.

**Ongoing Mondays • 10 - 10:45 a.m.**

\$10/class, or \$64/8 class pass

Held at Ancient Healing Arts Yoga across from WHRC. To register, call (603) 442-9540 or e-mail [ahayoga@ahayoga.com](mailto:ahayoga@ahayoga.com)

## REIKI I

Reiki means universal life force. This ancient healing energy may reduce stress, relieve pain and facilitate healing. This workshop includes an overview of the history of Reiki, instruction in hand positions used for treatment, and a summary of the energy centers in the body. Giving Reiki in a family can help with sports injuries, fevers, colds, and stress. Some women also study Reiki so that they can give themselves and their baby Reiki during their pregnancy. By the end of class, each student will have received the Reiki I attunement and become certified as a Reiki I practitioner.

**Sunday, Sept. 27 • 12 noon – 6 p.m.**

\$100 • Linda Carley, Reiki Master Teacher

## FLOOR STRENGTHENING EXERCISES FOR AFTER YOUR BABY'S BIRTH

In this introductory class you will learn functional ways to strengthen the pelvic floor. Participants will learn specific exercises that mimic everyday motions, instead of those based on static positions, ensuring a much better effect on day-to-day life!

**Saturday, Sept. 26 • 11:30 a.m. – 12:30 p.m.**

\$35 for the class and exercise handouts  
Beth Baras, National Academy of Sports Medicine, Certified Personal Trainer

## CHILDBIRTH CLASSES

### A TIME TO BE BORN

This class promotes a positive birth experience by preparing the expectant mother and her support person for the labor and birth process. A variety of comfort techniques will be taught, including: relaxation, positions and movement, hydrotherapy, breath awareness, vocalization and touch. This course will also cover the use of medications and what to expect during labor and birth. These classes usually repeat each month and we suggest that you finish classes by the time you are 37 weeks pregnant.

If you are interested in a date later than listed in this newsletter, please call WHRC to inquire about future scheduled dates.

Choose one of the following Monday series:

**Mondays, Sept. 14 – Oct. 5, Oct. 12 – Nov. 2 or Nov. 16 – Dec. 7 • 6 - 8:30 p.m.**

\$100/couple for 4 classes

Suzanne Greeley or Holly Maher, Certified Childbirth Educators

### A TIME TO BE BORN ONE-DAY SATURDAY INTENSIVES:

Please note that two 15-minute breaks and 45 minutes for lunch will be provided for participants to go out on their own or bring food and drink.

Choose one of the following Saturday classes:

**Sept. 12, Oct. 3., Nov. 7 or Dec. .5  
8:45 a.m. - 4:15 p.m.**

\$125 /couple

Suzanne Greeley or Holly Maher, Certified Childbirth Educators

### PLANNED CESAREAN BIRTH CLASSES

This class is designed to support the needs of families getting ready to experience a Cesarean birth. The class covers preparation for delivery, emergency versus scheduled Cesarean births, signs of labor, physical and emotional changes in mothers, the recovery period and the hospital experience. A discussion of your care after surgery, the early days at home and future birthing options are also included.

**Wednesday, Oct. 7 • 6 - 9 p.m.**

\$35/couple

Suzanne Greeley, Certified Childbirth Educator

# Pregnancy & Parenting Classes

## ANOTHER TIME AROUND

This class is for the expectant mother and partner who have "been there before," but would like a refresher course in birthing techniques. In this class we will review a variety of techniques including: relaxation, positions, breath-awareness, vocalization and hydrotherapy. This class is offered once each quarter.

Call for more information if these dates do not meet your individual needs. Choose one of the following Wednesday classes:

**Sept. 16 or Nov. 18 • 6 - 9 p.m.**

\$40/couple

Suzanne Greeley, Certified Childbirth Educator

## FREE PROGRAMS & SUPPORT GROUPS

### GOOD BEGINNINGS OF THE UPPER VALLEY ...

A free volunteer home visitor program that provides support to any family with a new baby. Any mother with a newborn is eligible for the support of a trained volunteer who comes to the family's home for a few hours each week for the baby's first few months. Volunteers provide support at a critical time, offering help where needed: becoming a trusted friend, answering questions, babysitting, reading to children, and linking families to community resources.

To become a Good Beginnings volunteer, to refer a family, or for more information, call (603) 298-9524, (802) 222-5787, or look at [www.goodbeginnings.net](http://www.goodbeginnings.net)

### BREASTFEEDING: BACK TO WORK PUMPING

This session is designed for breastfeeding women whose babies are between 3-4 weeks old and who are ready to introduce a bottle of expressed milk in anticipation of being separated from their baby. Discussion will include: pump and bottle selection, how to freeze milk, baby's response to first bottles, emotional aspects related to returning to work or leaving your baby with a sitter, and any other questions participants may have. The ideal time to talk about preparing to pump for returning to work is within the first month of your baby's life.

**Call to arrange an appointment.**

Suzanne Greeley, Certified Lactation Consultant

## THE 4TH TRIMESTER

This informal group meets every Thursday morning and provides new moms and babies with an opportunity to get together, make new friends, share, and get questions answered (especially around nursing and new baby care). Topics are addressed as needed. The age of babies ranges from a few days old up to the mobile stage. This free group meets weekly and a DHMC pediatrician joins us once a month to answer questions.

**Thursdays, 10 a.m. - 12 noon**

Suzanne Greeley, Certified Childbirth Educator

### MISCARRIAGE & INFANT LOSS BEREAVEMENT GROUP

**2nd & 4th Wednesdays, monthly  
6 - 7:30 p.m.**

### "OFF YOUR ROCKER" A SUPPORT GROUP FOR CAREGIVERS OF GRANDCHILDREN

Join us to share stories, make new friends, and discuss ways to support each other. If you have babies who are not yet crawling, you are welcome to bring them. For grandparents who are the primary caregivers of their grandchildren regardless of the child's age. A light meal will be provided.

**Tuesday, Sept. 8; Thursday, Oct. 8;**

**Thursday, Nov. 12 • 6 - 7:30 p.m.**

Suzanne Greeley and Elaine Shamos

### > Important Registration Information (603) 650-2600

- All classes take place at the WHRC, on the mall in Lebanon, unless otherwise noted.
- All classes must be paid for in full - one week before the class begins.
- We are unable to provide refunds for a program one week prior to class.
- WHRC reserves the right to cancel any program due to insufficient enrollment.
- Scholarships are available from donations made to the WHRC Scholarship Fund.



## > Study Seeks Participants

**Are you thinking about having a baby within the next 12 months?**

The Division of Clinical Research in the Obstetrics & Gynecology Department of Dartmouth Medical School has recently opened a study site for the ISIS Lifestyle and Fertility Study in Lebanon, NH. This research study, funded by the National Institutes of Health, is examining the link between certain lifestyle factors and a couple's ability to conceive a pregnancy.

The ISIS study is seeking women, age 20 to 34, and their male partners who are planning to try to have a baby in the near future. Eligible couples with no known history of infertility will have one visit at Dartmouth-Hitchcock Medical Center and will be asked to provide urine and blood samples and fill out questionnaires. Participation in the study will continue until the couple is pregnant or six months have passed. Compensation, monthly pregnancy tests, and diet and cholesterol assessments will be provided.

### For more information,

please visit the ISIS Study website or contact the ISIS Study staff:

[www.isisfertility.org](http://www.isisfertility.org)

[ISISFertility@dartmouth.edu](mailto:ISISFertility@dartmouth.edu)

(781) 434-6556

### Moby Wrap

Be comfortable in this organic cotton wrap designed to distribute the weight of your baby across the entire back as well as the shoulders. With the single stretch cotton and the width of the Moby™ Wrap, your baby is wrapped close and tight, ensuring a secure hold. **\$39.95**



### What's New at the

# WHRC Boutique

on the mall in Lebanon, new hampshire

Shop online at our website!  
[www.whrcstore.org](http://www.whrcstore.org)

### Bravado Shrug

The must-have companion to the Essential Nursing Bra Tank. The Shrug offers a fashionable layer, extra warmth, and breastfeeding discretion. Works great with your other wardrobe pieces to mix and match. Three-quarter sleeves. A flattering design, tying below the bust, beautifully accenting your figure. **\$25**



### Kidco Healthy Snack Multi-slicer

Perfect for cutting fruits, vegetables, cheese, and more into bite-sized snacks. **\$8**



A percentage of all our sales goes to supporting our WHRC scholarship program.



Address Service Requested

1 Medical Center Drive  
Lebanon, NH 03756-0001

Dartmouth-Hitchcock Medical Center

**Pregnancy & Parenting**  
News from the Women's Health Resource Center  
Dartmouth-Hitchcock

NON-PROFIT  
ORG.  
US POSTAGE PAID  
LEBANON, NH  
PERMIT NO. 211