

## THE LETTERS IN PURPLE STAND FOR:

# P U R P L E

### PEAK OF CRYING

Your baby may cry more each week, the most in month 2, then less in months 3-5

### UNEXPECTED

Crying can come and go and you don't know why

### RESISTS SOOTHING

Your baby may not stop crying no matter what you try

### PAIN-LIKE FACE

A crying baby may look like they are in pain, even when they are not

### LONG LASTING

Crying can last as much as 5 hours a day, or more

### EVENING

Your baby may cry more in the late afternoon and evening

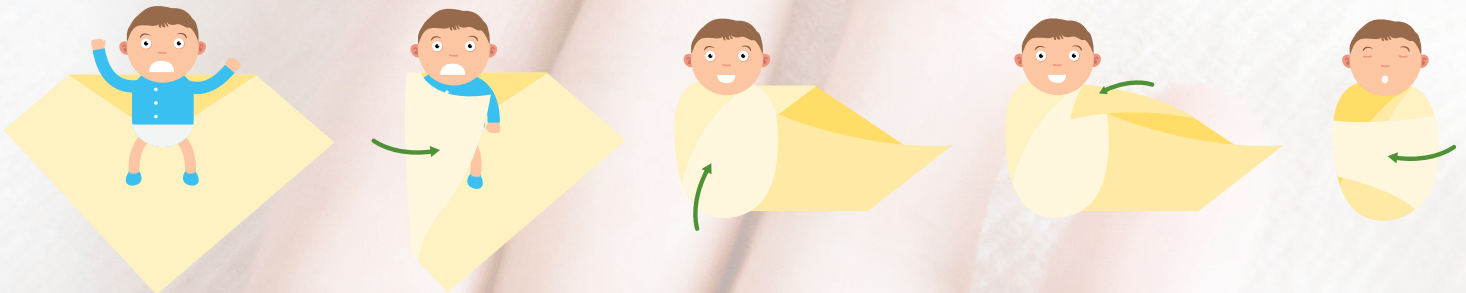
The word ***Period*** means that the crying has a beginning and an end.

## THE 5 S's

### 1 SWADDLING

#### DUDU wrap (Down Up Down Up)

Tight swaddling provides the continuous touching and support your baby is used to experiencing within the womb.



### 2 Side/Stomach Position

The infant is placed on their left side to assist in digestion, or on their stomach to provide reassuring support. When a baby is in a stomach down position or side position, do not leave them even for a moment.

### 3 Shushing

These imitate the continual whooshing sound made by the blood flowing through arteries near the womb. Shush as loudly as your baby is crying. As she calms down, lower the volume of your shushing to match.










### 4 Swinging

This refers to jiggling your swaddled baby using very small, rapid movements. Be sure to support your newborn's head and gently jiggle - do not shake - your baby. This is more of a "shiver" than a shake, moving back and forth no more than an inch in any direction.

### 5 Sucking

"Sucking has its effects deep within the nervous system," notes Karp, "and triggers the calming reflex and releases natural chemicals within the brain." This simply means giving your baby a pacifier or thumb to suck on.

## NON-MEDICAL INTERVENTIONS FOR BABIES EXPERIENCING WITHDRAWAL SYMPTOMS:

 <p><b>Kangaroo care</b></p>	 <p><b>Swaddle with a blanket or sleep sack</b></p>
 <p><b>Curl infant body into a "C" position</b></p>	 <p><b>Soft voices</b></p>
 <p><b>Dim lighting</b></p>	 <p><b>Swaying rhythmically from side to side, NOT bouncing</b></p>
 <p><b>Feed more frequently</b></p>	 <p><b>Increase calorie intake via formula or fortified breast milk if doctor prescribed</b></p>
 <p><b>Loose clothing (cotton sleepers, t-shirts)</b></p>	 <p><b>Cupping baby's bottom</b></p>

### I Sleep Safest


  
**A** lone  
**On my B**ack  
**In my C**rib