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## *Survival Tips for Parents*

Being a parent is not an inborn skill; it's an ongoing learning experience. These "survival tips" will help parents give their children a solid and essential foundation and get them off to a good start in life! This series provides clear answers to many parents' questions about their child's early development, exploding a number of myths, while offering tips and advice to make parents' lives easier. Each article contains easy-to-follow child-rearing tips for everyday situations.

**Rights sold to:** Romania, Italy, Hungary, Portugal  
208 pages each - Format: 14 x 18.5 cm

### **The author:**

*Psychologist Suzanne Vallières offers the results of her eighteen years of experience with young people as a specialized trainer, therapist, lecturer and mother of three children. She regularly contributes to television programs.*



### **Dealing with children aged 0 to 3**

When does the foetus become aware of us? Should I let my child cry at night? How can I get him to sleep in his own bed? Is rocking her spoiling her? By what age should he be toilet trained? What should I do when she throws a tantrum?

### **Dealing with children aged 3 to 6**

Is it possible to keep bedtime from turning into a real nightmare? Are fights between brothers and sisters unavoidable? Why do I have to give the same instructions over and over? How should I react to my child's lying? How can I keep him from turning into a spoiled brat? How can I prepare him for school?





### Dealing with children aged 6 to 9

Can homework time be made more enjoyable? Why are our children so stressed? Is my child hyperactive? How can I help him get through a separation? Why doesn't my child have any friends? How can I help and motivate my child in school?

### Dealing with preteens aged 9 to 12

A good rapport with your preteen certainly makes parenting more appealing and constructive. In addition to dispelling myths about preteen reality, this fourth volume provides practical tips and advice that are easy to apply in everyday life. Discover the keys for building and maintaining a warm relationship with your child—by getting to know and understand him, respecting his individuality, as you guide him in his choices.



### Dealing with teenagers

You'd like to improve your relationship with your teen and make your job as a parent more pleasant and constructive? This book provides clear answers to questions that many parents ask themselves about their 13-to 16-year-olds. How do I maintain communication with my teen? My teen is in a romantic relationship—how should I react? Do I have to invite the partner to our house? Cigarettes, alcohol and drugs: why are they so attractive to teenagers? How should I react toward friends that are a bad influence on my teen? The blended family: Is it harder with a teen? How do I manage it?



*“Survival Tips for Parents  
for children from birth to age 3”*

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*“Survival Tips for Parents  
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*“Survival Tips for Parents  
for children aged 6 to 9”*

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## **Translation sample:**

### *Survival Tips for Parents – children from birth to 3*

Chapter 6: ‘Les pleurs de notre bébé: besoin ou caprice?’

**When babies cry – is it out of need or just a tantrum?**

**The questions all parents ask themselves:**

**Is my baby crying just to be difficult?**

**There are several kinds of crying – how do you tell the difference?**

**Should I let my child cry?**

**I often rock my baby and some people say it will spoil him. Is this true?**

Is my baby crying just to be difficult?

In their first year, babies are at a stage where they need “closeness”, in other words a stage where they have an extremely powerful need for direct physical contact with their parents. When they cry, they are expressing very real physiological needs. They are most definitely not crying just to be difficult. Babies cry because they have needs that have to be met and it is up to us as parents to find out what they are crying about: hunger, fatigue, fears, a wet diaper, feelings of discomfort or a need to feel secure.

Some children are more insecure than others and need to be picked up or rocked more often. This does not however mean they are more “difficult”; they simply have a greater need.

Parents should be wary of the myth that children are spoiled or will be if we respond to their every cry or demand!! Advice along the lines of “Let him cry, he’ll stop by himself” or “Let her cry...she’s just doing it to bother you”...should therefore be ignored!!

**There are several kinds of crying – how do you tell the difference?**

To express their needs, babies have a whole repertoire of cries, ranging from a little whimper to a definite cry of anger, with many different levels in between. Even though all children are unique and make their own sounds, there are some general kinds of cries and crying that all small children seem to share:

### **HUNGER**

A shrill sound followed by an intake of breath. Then the sounds begin again even louder...the cry is short, powerful, rhythmic, and gets stronger the more impatient the baby gets. For parents, cries of hunger are undoubtedly the easiest to identify, even if it isn’t quite time for the next bottle. This kind of crying is also the most frequent. Hunger is the cause of most of the crying babies do in their first few weeks, especially at night.

Hunger quickly turns into pain and fear for the baby; it must be satisfied right away. Nurse him or give him a bottle, even if he has already been fed. Don’t worry, a baby never drinks too much. If he is not crying from hunger, he will turn his head away or close his mouth.

## **TIREDNESS**

### **She's overtired...**

It starts with whining for no apparent reason and turns into cries and body movements (the baby squirms around, as if she can't find a comfortable position). While she may cry from tiredness at any time of the day, this crying is even more common at the end of the day, as bedtime approaches. Some babies also cry every night before going to sleep, particularly if they have been especially stimulated during the day (for example, after a day of visiting). An overdose of stimulation results in a level of excitement that is hard to wear off before going to bed.

## **AFFECTION**

### **He needs you...**

This kind of crying is interrupted by periods of silence. Your child may be bored or want to be picked up: he needs a soothing touch...and this is NOT DONE JUST TO ANNOY YOU!! As soon as the child senses that a parent is coming closer, he calms down (which is where the feeling that this is a type of manipulation comes from!!...But this is obviously not the case!!). The child has a real need for reassurance, to feel safe, and it is our role to respond to this. The baby needs contact with his parents or to be with other people. He wants to cling to you, be held in your arms, breathe in your smell and feel your warmth. He might want you to bend over him and speak to him.

## **PAIN**

### **She's in pain...**

Crying caused by pain is often quickly recognized by parents. If the pain is sudden, the crying is sharp and shrill. It's impossible not to react immediately! Chronic pain, on the other hand, is accompanied by weak but regular whimpering. Your baby makes a noise like a small wounded animal.

## **ANGRY**

### **He's mad...**

And he wants you to know it! Hence these especially shrill cries, whose sound is hard to tolerate, that express extreme frustration. He's hungry and he is not being given a bottle fast enough. He wants to move around and he is being kept too long on the changing table. He's fed up with lying in his bed and nobody is coming to get him...Generally speaking, a baby gets angry when one of his needs is not met or when those close to him don't understand him.

Regardless of what kind it is, it is very important to always respond to our baby's crying; otherwise he will end up believing that no one can meet his needs and will develop feelings of insecurity. It is therefore up to us as parents to remain calm and respond to his crying (by picking him up, rocking him...), in short, to give him a sense of security. This personal security is important for his development.

### **Should I let my child cry?**

Some parents try to solve their “problem” by letting their child cry for one or two nights. When they see that the crying has stopped, they think they have solved the problem. They have indeed solved their problem, but not their child’s. While the child perhaps needed comforting, security, nobody came to her...this unmet need may lead to a degree of insecurity in the child later on.

### **I often rock my baby and some people say it will spoil him. Is this true?**

Never hesitate, while they are still tiny, to pick them up and rock them...The widespread idea according to which picking up a crying baby or always responding when he cries out will turn him into a spoiled child is wrong. Tiny infants don’t do things just to be difficult. This presupposes a mental framework they don’t yet have. A baby who wants to be picked up and calms down as soon as you hold him close to you is not throwing a tantrum. He has simply gotten what he needed. As we know, newborns can’t see very well and, as a result, the only way to reinforce their feelings of wellbeing and security is through frequent physical contact with the adults who look after them. By meeting his needs, we increase the quality and strength of our relationship to our child. This may also be a good investment in the kind of relationship we will have later on with our teenagers! Picking up and rocking a child satisfies an important need and will not turn him into a “spoiled” child, but rather a cherished child, who will feel respected and loved and who will have received all he needs to get a good start in life!

### **Suzanne’s Survival Tips**

- Always comfort a crying child and make him feel secure
- Remember that tears or crying = an unmet need (hunger, pain, tiredness, need for affection)
- Try to identify the kind of crying so as to respond to her needs
- Respond to his needs for security by offering human contact (rocking, walking while holding him in your arms, cuddling...)
- Rock her as often as you want to!!!