

Newborn Care Specialist Training



Newborn Care Specialist Training: Your Path to a Rewarding Career

Are you passionate about babies and nurturing new life? Do you dream of a career that combines your compassion with professional expertise? Then a career as a newborn care specialist might be the perfect fit. This comprehensive guide dives deep into newborn care specialist training, outlining the necessary steps, skills required, and career paths available. We'll explore various training options, certification programs, and the rewarding aspects of this fulfilling profession. Prepare to embark on a journey that transforms your passion into a successful and impactful career.

What is Newborn Care Specialist Training?

Newborn care specialist training provides individuals with the knowledge and practical skills necessary to care for newborns and their families. This training goes beyond basic childcare, encompassing advanced understanding of infant development, feeding techniques, sleep patterns, and recognizing potential health issues. Graduates are equipped to provide safe, supportive, and nurturing care, often assisting families during the crucial postpartum period.

Types of Newborn Care Specialist Training:

Several avenues exist for obtaining newborn care specialist training, catering to diverse learning styles and career aspirations. These include:

1. Certified Nurse Midwife (CNM) Programs:

CNMs receive extensive training in prenatal, labor, delivery, and postpartum care, making them exceptionally well-suited for newborn care. These programs are rigorous, typically requiring a master's degree.

2. Pediatric Nurse Practitioner (PNP) Programs:

PNPs focus on the health and well-being of children, gaining expertise in newborn assessment, diagnosis, and treatment. Their training allows them to address a wider range of newborn health concerns.

3. Postpartum Doula Certification:

While not medically oriented, postpartum doula training provides invaluable skills in newborn care, breastfeeding support, and emotional support for new parents. This route is ideal for those seeking a more holistic approach to newborn care.

4. Specialized Newborn Care Courses:

Several organizations offer shorter, more focused courses on newborn care. These may cover topics such as safe sleep practices, infant CPR, and recognizing signs of illness. These are excellent supplements to other certifications or for individuals looking to enhance existing skills.

Essential Skills for Newborn Care Specialists:

Beyond formal training, certain core competencies are essential for success in this field. These include:

1. Knowledge of Infant Development:

Understanding the milestones of infant development is paramount, enabling specialists to identify potential developmental delays and provide age-appropriate care.

2. Feeding Expertise:

Proficiency in various feeding methods, including breastfeeding and bottle-feeding, is crucial. This involves understanding latch techniques, milk supply management, and recognizing signs of feeding difficulties.

3. Safe Sleep Practices:

Knowledge of safe sleep recommendations is essential to reduce the risk of Sudden Infant Death Syndrome (SIDS). This includes understanding safe sleeping positions, bedding, and the importance of a smoke-free environment.

4. Infant CPR and First Aid:

Possessing up-to-date CPR and first aid certifications is a must for responding effectively to medical emergencies.

5. Communication and Interpersonal Skills:

Effective communication with parents and other healthcare professionals is vital. Building trust and providing compassionate support are cornerstones of this profession.

Career Paths for Newborn Care Specialists:

The skills acquired through newborn care specialist training open doors to a variety of rewarding career paths:

Independent Newborn Care Specialist: Providing in-home care to newborns and families.

Hospital Nursery Nurse: Working in a hospital setting, caring for newborns under medical supervision.

Postpartum Doula: Offering emotional and physical support to new parents during the postpartum period.

Lactation Consultant: Specializing in breastfeeding support and education.

Childcare Provider: Applying newborn care expertise in daycare or childcare settings.

Choosing the Right Training Program:

Selecting the right training program is crucial. Consider factors like:

Accreditation: Ensure the program is accredited by a reputable organization.

Curriculum: Review the course content to ensure it aligns with your career goals.

Instructors: Look for experienced and qualified instructors with a proven track record.
Cost and Financial Aid: Explore available financial aid options to make the training affordable.

Conclusion:

Becoming a newborn care specialist requires dedication and commitment, but the rewards are immeasurable. The chance to positively impact the lives of newborns and their families, coupled with the flexibility and diverse career options, makes this a fulfilling and sought-after profession. By choosing the right training program and cultivating the essential skills, you can embark on a rewarding journey in the field of newborn care.

FAQs:

1. How long does it take to become a newborn care specialist? The duration varies widely depending on the chosen training path. Postpartum doula certification might take a few weeks, while CNM programs typically require several years of study.
2. What is the average salary for a newborn care specialist? Salaries depend heavily on experience, location, and the type of role. Independent specialists can command higher rates than those employed in hospitals.
3. Is prior childcare experience required for newborn care specialist training? While not always mandatory, prior childcare experience can be advantageous and may enhance the learning experience.
4. Are there online newborn care specialist training programs? Yes, many online courses and certifications are available, offering flexibility and convenience. However, hands-on training is often beneficial.
5. What are the continuing education requirements for newborn care specialists? Continuing education is crucial to stay updated on the latest research and best practices. This often involves attending conferences, workshops, and completing online courses.

newborn care specialist training: Newborn Care Training Workbook - Accredited Edition
Tonya Sakowicz, 2018-10-18 Are you looking to become a Newborn Care Specialist or enhance your current NCS training? Today, more than ever, with major shifts in hiring trends, parents are demanding the most educated and knowledgeable Newborn Care Specialists to care for their infants. The #1 Request For Parents Today Is For Caregivers To Have More In-Depth Industry Specific Training! Parents are now seeking high-value specialists and experts in the nanny industry who are more qualified and experienced offering innovative care and solutions. In fact, even experienced nannies are being passed over for jobs without this specialty training. Just as in the

more traditional job market, those with certificates of training and degrees are often considered first for positions, even over those with more experience - the nanny and NCS industry has become the same way. Our training institute offers a variety of classes to meet the educational needs of Newborn Care Specialists (also called Baby Nurses and Maternity Nurses in countries outside the USA) from around the globe. We offer a variety of courses to suit your needs. Our newborn infant care classes are both live and offered online and self-paced, allowing you to learn at your comfort level. With two levels to fit your experience, each offers a certificate of completion upon successfully passing the exam. Newborn Care Solutions Institute is your source for quality online and in-person newborn care training that ensures that you receive the most comprehensive education possible to optimize your career as a Newborn Care Specialist. With decades of experience and unbeatable innovation, our professionals are here and ready to prepare you for newborn infant care every step of the way.

newborn care specialist training: *Birth Settings in America* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on Assessing Health Outcomes by Birth Settings, 2020-05-01 The delivery of high quality and equitable care for both mothers and newborns is complex and requires efforts across many sectors. The United States spends more on childbirth than any other country in the world, yet outcomes are worse than other high-resource countries, and even worse for Black and Native American women. There are a variety of factors that influence childbirth, including social determinants such as income, educational levels, access to care, financing, transportation, structural racism and geographic variability in birth settings. It is important to reevaluate the United States' approach to maternal and newborn care through the lens of these factors across multiple disciplines. *Birth Settings in America: Outcomes, Quality, Access, and Choice* reviews and evaluates maternal and newborn care in the United States, the epidemiology of social and clinical risks in pregnancy and childbirth, birth settings research, and access to and choice of birth settings.

newborn care specialist training: *Hold Your Prem* Jill Bergman, 2010

newborn care specialist training: *Developmental Care of Newborns and Infants* National Association National Association of Neonatal Nurses, 2022-02 National Association of Neonatal Nurses.

newborn care specialist training: *Newborn Mothers* Julia Jones, 2018-12-10 Newborn Mothers is about doing less, not more. It answers your real questions about the transformation to motherhood including... Is baby brain real? Are you actually losing your mind? You heard it takes a village to raise a child, but what does that look like in the 21st century? You were told these are the best days of your life. ...

newborn care specialist training: *Pediatric First Aid and CPR* National Safety Council, 2001

newborn care specialist training: *CranioSacral Therapy: Touchstone for Natural Healing* John E. Upledger, 2001-05-31 In *CranioSacral Therapy: Touchstone for Natural Healing*, John E. Upledger, DO, OMM, recounts his development of CranioSacral Therapy. He shares poignant case studies of restored health: a five-year-old autistic boy, a man with Erb's palsy, a woman with a fifteen year history of severe headaches, and numerous others. And he offers simple CranioSacral Therapy techniques you can perform at home on yourself or loved ones.

newborn care specialist training: *WHO recommendations on maternal and newborn care for a positive postnatal experience*, 2022-03-29 This guideline aims to improve the quality of essential, routine postnatal care for women and newborns with the ultimate goal of improving maternal and newborn health and well-being. It recognizes a positive postnatal experience as a significant end point for all women giving birth and their newborns, laying the platform for improved short- and long-term health and well-being. A positive postnatal experience is defined as one in which women, newborns, partners, parents, caregivers and families receive information, reassurance and support in a consistent manner from motivated health workers; where a resourced and flexible health system

recognizes the needs of women and babies, and respects their cultural context. This is a consolidated guideline of new and existing recommendations on routine postnatal care for women and newborns receiving facility- or community-based postnatal care in any resource setting.

newborn care specialist training: The First Six Weeks Midwife Cath, 2016-04-27 Everything you need to know about caring for your new baby, from feeding to sleeping and everything in between - every parent's new best friend. 'Cath Curtin is the newborn baby guru! A calming voice, a gentle hand and a wealth of knowledge during one of the most incredible but terrifying times of your life - new parenthood. To have Cath's support after the birth of my first son was invaluable and I don't know how I would have done it without her!' Rebecca Judd Cathryn Curtin has delivered more than 10,000 babies over the last 40 years, so she understands how the first six weeks of a baby's life are vital for establishing habits that help create a healthy, happy routine for your baby and a loving lifelong bond between you and your child. In this practical and easy-to-use guide, Midwife Cath covers all aspects of a newborn's first weeks, from caring for your baby to coping with the sudden emotional and physical changes of new parenthood. By following her brilliant bath, bottle and bed routine, you'll enjoy a deep sleep for up to five hours in these demanding early weeks while your partner has some precious one-on-one time with your child. These first weeks of a baby's life can be a challenge for any new parent. Midwife Cath's invaluable experience and wisdom will guide you through them as well as help you establish a routine that will ensure a healthier, happier baby and better-rested and more confident parents.

newborn care specialist training: The Blissful Baby Expert Lisa Clegg, 2014-02-06 There are few life experiences more joyful than becoming a parent, but caring for a newborn can be daunting, particularly when you're not sure whose advice to follow or what your baby really needs. In *The Blissful Baby Expert*, Lisa Clegg draws on her own experience of motherhood and her professional life as a nanny and maternity nurse to share her essential, trusted advice. Gentle, reassuring and practical, her book guides you every step of the way from birth to two years. It includes: - Equipment - what is essential and what is helpful - Coming home - how to cope and bond in the early days - Sleep - flexible plans to help your baby settle and sleep - Feeding - guilt-free breast- and bottlefeeding - Weaning - when to start and how to do it - Q&As - common worries and what to do - Development - what to expect and advice on toys Every baby is different and this is why Lisa's book isn't a restrictive one-size-fits-all plan. Instead, she gives you the knowledge you need to trust your own instincts, build your confidence and learn to recognise what is best for your baby. With this knowledge, you'll enjoy calm, happy parenting and a blissful, settled baby.

newborn care specialist training: Moms on Call Guide to Basic Baby Care, The Laura Hunter, Jennifer Walker, 2007-05 These on-call pediatric nurses and moms answer the questions all new parents have on topics from feedings and routines to common medical questions. Instructional DVD included.

newborn care specialist training: Getting Your Baby to Sleep the Baby Sleep Trainer Way Natalie Willes, 2017-05-22 Certified sleep consultant Natalie Willes, known also as The Baby Sleep Trainer, shares her effective and efficient sleep training method in her new book, *Getting Your Baby to Sleep the Baby Sleep Trainer Way*. Thousands of families throughout the world have used the Baby Sleep Trainer method to help their infants and toddlers learn to sleep through the night and take healthy naps, all with the fewest tears possible. Backed by thorough scientific data and years of professional experience, the Baby Sleep Trainer Method offers parents a tried and true solution for children aged 16 weeks through 3.5 years. Step-by-step, comprehensive contents include: The science of baby sleep habits How to prepare your child's room for optimal sleep Discussions on cortisol and crying in babies Creating healthy sleep habits with newborns Exactly when and how to start sleep training for nighttime sleep and naps Tips and tricks for multiples Troubleshooting common sleep training issues and pitfalls Detailed eat-wake-sleep schedules for children on 3, 2, and 1 nap Sleep training toddlers and children in beds Praise for the Baby Sleep Trainer method: My 5 month old was waking up every 2-3 hours at night and I was seriously sleep deprived. My sleep deprivation was affecting every aspect of my life. I read several books on sleep

training, as well as blogs and websites. I was at my wits end. After following the program for two weeks, my child was consistently sleeping 11-12 hours a night and was on a consistent schedule during the day! This program has literally given me my life back. - McKel Neilsen Two months ago I was at the end of my sleep rope with our 6-month-old, boy/girl twins. Exhausted doesn't begin to explain it, I felt desperate. After using the Baby Sleep Trainer Method we feel like we have our lives back. The babies are happy and well rested, and so are we! We have our evenings back to cook dinner, spend time with our 4-year-old daughter, hang out together, and actually do things we enjoy. The process took commitment but has been absolutely worth every bit of it. - Beth Oller, MD Using the Baby Sleep Trainer Method, my daughter quickly went to a routine nap schedule during the day and sleeping through the night from 6:30pm to 6:30am! Also, rather than the exhausting and often unsuccessful rocking or soothing or feeding to sleep, we were able to put her down awake in her crib and she would fall asleep on her own in just a few minutes. It was just incredible. - Online Review

newborn care specialist training: Human resource strategies to improve newborn care in health facilities in low- and middle-income countries , 2020-12-30

newborn care specialist training: *The Helping Babies Sleep Method* Sarah Mitchell, 2021-02-16 You've read it everywhere; put your little one down drowsy but awake. While well-intentioned, drowsy but awake is what sets most parents up to fail long term. This manifests as immense time spent getting your baby to sleep and not getting enough sleep. Cue the rocking, feeding or reinserting a pacifier at 1 am and again and again. The dilemma 'How do I get my child to sleep more with less effort from me? The secret no one told you: The drive to sleep is biological, the way we sleep is learned. You wanted to be the best parent you possibly could. That vision involved a happy baby who slept like a champ and never cried. However you're having a hard time executing that vision. The frequent waking, intense amounts of time spent getting your baby to sleep and the constant fatigue are becoming unsustainable. You also worry that your baby could be better rested and relations with your spouse have become tense. Things are not working out as you had imagined. Your internet searches have proved to be confusing. You're seeing different philosophies, different methods, lots of theories but no step by step action plans. Your complete solution for babies 0 to 24 months is here. The Helping Babies Sleep Method teaches you the art and science of teaching your baby to sleep. In the newborn stage you'll learn how to avoid common parenting pitfalls and work on gentle no tear sleep shaping to achieve long stretches of age appropriate night time sleep quickly. From 4 to 24 months, you'll learn about sleep science to give you a thorough understanding of the physiology and behavior in having a great sleeper. At every age, the method addresses all your baby's daily activities: feeding, sleeping, naps, playtime and night time sleep. Evidence based approaches that are easy to understand from birth to 24 months. The Helping Babies Sleep Method helps you create your customizable sleep plan based on your child's age, your parenting philosophy and provides best and worst case scenarios. You'll never be left wondering, what do I do now? You'll see progress within 2-3 nights. Most parents have completed their journey in two weeks and say Why didn't I do that sooner? Dr. Sarah Mitchell is a chiropractor by training but found her passion empowering parents to teach their little ones to sleep and parent confidently day and night. Her personal experience with a child who wouldn't sleep, despite her healthcare background, ignited her passion for researching sleep. She's been working with babies since 2013 and has helped thousands of parents overcome their sleep challenges and feel even more confident in their parenting and sleep detective skills. Located in Silicon Valley, her clientele has included big tech executives, pediatricians, labour and delivery nurses and parents just like you. Their commonality: all smart, capable, resourceful people who didn't know how to get their babies to sleep because having a great sleeper isn't really that instinctual. Parenting is a skill that can be taught. You want to feel like you're rocking this parenting thing and completing meeting your baby's needs in a connected and compassionate manner. With comprehensive sections devoted to bedtime, naps, night feeding, plus solutions to special circumstances like traveling, daylight savings time and reflux, the Helping Babies Sleep Method is the book you need to make that vision a reality.

newborn care specialist training: Understanding Newborn Behavior & Early Relationships J. Kevin Nugent, 2007 Flexible, easy to integrate into everyday practice, and based on more than 25 years of research and clinical experience, this observational tool and handbook gives clinicians a systematic way to help parents respond with confidence to their newborn's

newborn care specialist training: The Happiest Baby on the Block Harvey Karp, M.D., 2008-11-19 Perfect for expecting parents who want to provide a soothing home for the newest member of their family, *The Happiest Baby on the Block*, the national bestseller by respected pediatrician and child development expert Dr. Harvey Karp, is a revolutionary method for calming a crying infant and promoting healthy sleep from day one. In perhaps the most important parenting book of the decade, Dr. Harvey Karp reveals an extraordinary treasure sought by parents for centuries --an automatic "off-switch" for their baby's crying. No wonder pediatricians across the country are praising him and thousands of Los Angeles parents, from working moms to superstars like Madonna and Pierce Brosnan, have turned to him to learn the secrets for making babies happy. Never again will parents have to stand by helpless and frazzled while their poor baby cries and cries. Dr. Karp has found there IS a remedy for colic. "I share with parents techniques known only to the most gifted baby soothers throughout history ...and I explain exactly how they work." In a innovative and thought-provoking reevaluation of early infancy, Dr. Karp blends modern science and ancient wisdom to prove that newborns are not fully ready for the world when they are born. Through his research and experience, he has developed four basic principles that are crucial for understanding babies as well as improving their sleep and soothing their senses: ·The Missing Fourth Trimester: as odd as it may sound, one of the main reasons babies cry is because they are born three months too soon. ·The Calming Reflex: the automatic reset switch to stop crying of any baby in the first few months of life. ·The 5 "S's": the simple steps (swaddling, side/stomach position, shushing, swinging and sucking) that trigger the calming reflex. For centuries, parents have tried these methods only to fail because, as with a knee reflex, the calming reflex only works when it is triggered in precisely the right way. Unlike other books that merely list these techniques Dr. Karp teaches parents exactly how to do them, to guide cranky infants to calm and easy babies to serenity in minutes...and help them sleep longer too. ·The Cuddle Cure: the perfect mix the 5 "S's" that can soothe even the most colicky of infants. In the book, Dr. Karp also explains: What is colic? Why do most babies get much more upset in the evening? How can a parent calm a baby--in mere minutes? Can babies be spoiled? When should a parent of a crying baby call the doctor? How can a parent get their baby to sleep a few hours longer? Even the most loving moms and dads sometimes feel pushed to the breaking point by their infant's persistent cries. Coming to the rescue, however, Dr. Karp places in the hands of parents, grandparents, and all childcare givers the tools they need to be able to calm their babies almost as easily as...turning off a light. From the Hardcover edition.

newborn care specialist training: *Cherish the First Six Weeks* Helen Moon, 2013-02-12 From baby nurse to the stars, a step-by-step plan to managing sleep and feeding issues to survive—and enjoy—the first six weeks of your newborn baby's life. Have you ever wondered why celebrities look so rested in such a short time after giving birth? The answer: baby specialists like Helen Moon. A baby specialist and professional nanny for the past 25 years, Helen has worked closely with hundreds of families, including some of Hollywood's biggest stars. Helen knows that the first six weeks of a baby's life—when parents tend to be nervous, siblings are needy, and new babies need immediate and constant attention—has a huge impact on the entire family. Getting a baby on a sleeping and eating schedule is an achievable dream, and it's not a mystery. Helen's step-by-step plan shows new parents exactly how to integrate their baby into the family so that she will be able to sleep when she's tired, eat when she's hungry, and calm herself when she's fussy—self-regulating skills that will enable her to thrive for the rest of her life. Assured that their babies are secure and happy, parents can confidently enjoy this most precious time of their baby's life, trusting their own instincts, and—most importantly—sleeping through the night themselves!

newborn care specialist training: Twelve Hours' Sleep by Twelve Weeks Old Suzy Giordano, Lisa Abidin, 2006-01-19 There is no bigger issue for healthy infants than sleeping through the night.

In this simple, straightforward book, Suzy Giordano presents her amazingly effective “Limited-Crying Solution” that will get any baby to sleep for twelve hours at night—and three hours in the day—by the age of twelve weeks old. Giordano is the mother of five children and one of the most sought-after baby sleep specialists in the country. The Washington Post calls her a baby sleep guru and an underground legend in the Washington area for her ability to teach newborns how to achieve that parenting nirvana: sleeping through the night. Her sleep plan has been tested with singletons, twins, triplets, babies with special needs, and colicky babies—and it has never failed. Whether you are pregnant, first-time parents, or parents who seek a different path with your second or third child, anyone can benefit from the Baby Coach’s popular system of regular feeding times, twelve hours of sleep at night and three hours of sleep during the day, and the peace of mind that comes with taking the parent and child out of a sleep-deprived world.

newborn care specialist training: Breastfeeding Without Birthing Alyssa Schnell, 2013-04-12 Breastfeeding without Birthing is an essential guide to breastfeeding for mothers through adoption, surrogacy, and other special circumstances. All breastfeeding-without-birthing mothers who wish to provide their own milk for their baby will learn the tools and techniques for inducing lactation without pregnancy and birth.

newborn care specialist training: Counselling for Maternal and Newborn Health Care World Health Organization, 2010 The main aim of this practical Handbook is to strengthen counselling and communication skills of skilled attendants (SAs) and other health providers, helping them to effectively discuss with women, families and communities the key issues surrounding pregnancy, childbirth, postpartum, postnatal and post-abortion care. Counselling for Maternal and Newborn Health Care is divided into three main sections. Part 1 is an introduction which describes the aims and objectives and the general layout of the Handbook. Part 2 describes the counselling process and outlines the six key steps to effective counselling. It explores the counselling context and factors that influence this context including the socio-economic, gender, and cultural environment. A series of guiding principles is introduced and specific counselling skills are outlined. Part 3 focuses on different maternal and newborn health topics, including general care in the home during pregnancy; birth and emergency planning; danger signs in pregnancy; post-abortion care; support during labor; postnatal care of the mother and newborn; family planning counselling; breastfeeding; women with HIV/AIDS; death and bereavement; women and violence; linking with the community. Each Session contains specific aims and objectives, clearly outlining the skills that will be developed and corresponding learning outcomes. Practical activities have been designed to encourage reflection, provoke discussions, build skills and ensure the local relevance of information. There is a review at the end of each session to ensure the SAs have understood the key points before they progress to subsequent sessions.

newborn care specialist training: Child of Mine Ellyn Satter, 2012-08-01 Widely considered the leading book involving nutrition and feeding infants and children, this revised edition offers practical advice that takes into account the most recent research into such topics as: emotional, cultural, and genetic aspects of eating; proper diet during pregnancy; breast-feeding versus; bottle-feeding; introducing solid food to an infant's diet; feeding the preschooler; and avoiding mealtime battles. An appendix looks at a wide range of disorders including allergies, asthma, and hyperactivity, and how to teach a child who is reluctant to eat. The author also discusses the benefits and drawbacks of giving young children vitamins.

newborn care specialist training: The Happiest Baby Guide to Great Sleep Dr. Harvey Karp, 2012-06-19 America’s favorite pediatrician, Dr. Harvey Karp, now focuses his unparalleled knowledge, experience, and insight on solving the #1 concern of parents everywhere: sleep. With The Happiest Baby Guide to Great Sleep, Dr. Karp—arguably the world’s foremost parenting expert and bestselling author of The Happiest Baby on the Block and The Happiest Toddler on the Block—offers invaluable tips on how to help your newborn, infant, or toddler get the rest they need, while debunking some of the most widely held myths about babies and sleep. Dr. Karp’s advice has already been sought after by some of Hollywood’s brightest stars—including Michelle Pfeiffer, Pierce

Brosnan, and Madonna—and now his *The Happiest Baby Guide to Great Sleep* can help anyone guide even the most resistant small child gently toward wonderful, restful, healthful slumber, so that mom and dad can enjoy a good night's sleep themselves!

newborn care specialist training: *The Baby Reflux Lady's Survival Guide* Aine Homer, 2018-02-22 *The Baby Reflux Lady's Survival Guide* was written when it became obvious that there was a continued need in the community for more easily accessible and accurate information about infant reflux, its causes and management. It is THE essential book for any family with a baby who has colic, reflux, and food intolerances and allergies including CMPA.

newborn care specialist training: *Basic Child Care*, 2004

newborn care specialist training: *Birth Justice* Julia Chinyere Oparah, Alicia D. Bonaparte, 2015-12-22 There is a global crisis in maternal health care for black women. In the United States, black women are over three times more likely to perish from pregnancy-related complications than white women; their babies are half as likely to survive the first year. Many black women experience policing, coercion, and disempowerment during pregnancy and childbirth and are disconnected from alternative birthing traditions. This book places black women's voices at the center of the debate on what should be done to fix the broken maternity system and foregrounds black women's agency in the emerging birth justice movement. Mixing scholarly, activist, and personal perspectives, the book shows readers how they too can change lives, one birth at a time.

newborn care specialist training: *The Simplest Baby Book in the World* Stephen Gross, S. M. Gross, 2021-11-16 *The Simplest Baby Book in the World* is the illustrated grab-and-do guide that helps today's moms and dads gain confidence in their ability to be great parents. It makes raising a baby easier by curating and distilling down to their essentials the best-of-the-best advice on topics like sleep training, feeding and safety from doctors, nurses, parents and nannies. You will quickly and easily find simple solutions and have proven techniques at your fingertips when you need them most whether it's 2 a.m. or 2 p.m.

newborn care specialist training: *Infant and Pediatric Feedings* Caroline Laura Steele, Emily A. Collins, 2018

newborn care specialist training: *Holistic Sleep Coaching: Gentle Alternatives to Sleep Training for Health and Childcare Professionals* Lyndsey Hookway, 2018-09-04 Lyndsey Hookway's *Holistic Sleep Coaching* is the book parent-child health professionals have been waiting for regarding infants', children's, and parents' sleep! The comprehensive content is comprised of an exhaustive review of the sleep literature, but it is written in a reader-friendly discussion format. (References are cited in text with the complete reference list in APA alphabetical style at the end.) I appreciate Hookway's evidence-based approach with its emphasis on human sleep biology. Yet her words constantly model sensitivity and empathy for both babies/children and their parents who live in our current cultural landscape of isolated nuclear families dependent on two incomes and often miles from physical support. -Karen Kerkhoff Gromada, MSN, RN, IBCLC, FILCA Author: *Mothering Multiples: Breastfeeding and Caring for Twins or More* There is much to like in Hookway's book, including her clear understanding of the link between breastfeeding and sleeping, and the importance of sleep for parental mental health. Educating practitioners about normal infant sleep is an important task. Too many are only aware of extinction methods for addressing parental sleep concerns: with *Holistic Sleep Coaching* Hookway is laying the groundwork for the development of a more evidence-based and systematic approach. -Helen Ball, Professor of Anthropology, Director of the Durham Infancy & Sleep Centre (DISC), Founder of the Baby Sleep Info Source (Basis) As a breastfeeding professional, I was curious and hopeful when I began reading Lyndsey Hookway's book, *Holistic Sleep Coaching*. One of the biggest worries for most new parents is how lack of sleep will impact their family, particularly within the context of breastfeeding. This book is not about training a baby how to sleep, or using dangerous methods that can comprise the breastfeeding relationship. This book IS about understanding how sleep works and how to use that knowledge to understand one's baby. It enables parents to support the uniqueness of their child, continue breastfeeding effectively, and identify how to create the most supportive environment possible to

optimize sleep within their distinct family. I would definitely recommend this book as a MUST for new parents before their baby arrives, as well as an integral resource for all perinatal professionals! -Laurel Wilson, IBCLC, RLC, CLE, CLD, CCCECo-Author of *The Attachment Pregnancy* and *The Greatest Pregnancy Ever* Infants are probably sleeping no differently now than they were 1000 years ago. However, parenting has changed. We are dealing with the paradox of parenting information overload, coupled with time-poverty. Parents know more than ever about the importance of love, attachment and security to young children. They may know about good nutrition, stress management, toxins, skin to skin, breastfeeding, one-to-one time, emotion coaching and organic food. Parents are bombarded with appliances that are supposed to make their lives easier, and yet end up confused about what is really necessary. At the same time, modern parents are leading busy, expensive lives, and have jobs that they love or need. And within all this, their babies are still sleeping the same as they always have. Some sleep experts are quick to suggest quick fixes to lengthen infant sleep, but there is growing concern that techniques such as extinction may have negative outcomes for infants as well as being stressful for parents. Holistic Sleep Coaching is a multi-dimensional approach that looks at the big picture and recognises that babies' needs are not just physical but psychological, emotional and relational. Holistic Sleep Coaching provides an evidence-based overview of how to optimise sleep without leaving babies and children to cry for health and child care professionals.

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