

## October 2011 Newsletter

### Topic of the Month

How many times have you heard a well meaning friend, family or stranger say, "Don't pick-up the baby, you'll spoil them!" For a new parent, (or even seasoned veteran), there is always a little part of you that wonders, will I spoil the baby if I pick her up? Will he become too dependant if I go to him right away when he cries? Am I doing the best for my child? This question is as old as parenting.

Well, I have an answer to this age old question, and that answer is, No, you cannot spoil a baby by picking them up too much, and let me explain why.

Over the years, I have focused much of my studies on understanding child development, focusing the psycho/social development of children. One psychologists I've found to be very accurate in his description of development in relations to real life situation, is Erik Erikson. In my 18-year career, I've used Erikson's theories often to better understand why my charges were doing what they were doing, as well as to create a plan to appropriately manage the behavior in an effective method.

This theory is called the Eight Stages of Development, which in general, describes specific issues people go through at certain stages of their life. If a person moves successfully through the stage, they will no longer be troubled by those issues, however if they are unsuccessful, there may be lingering difficulties with the issues of that stage.

Erikson's first stage of development is Trust versus Mistrust, which a person travels through between 0 and 18 months old. During this stage, children learn if they can trust, or if they need to mistrust their primary caregiver, which is normally Mom & Dad. The way a child learns to trust, is by understanding their needs will be met. They will be fed when hungry, changed when wet, cuddled when sad and supported when up-set. A child, whose basic needs are not met during this stage, learns to mistrust their caregiver, and possibly people in general.

A child who successfully moves through this stage will have a secure relationship with their primary caregiver, because they know they are supported. Often children who trust their caregiver can explore their surroundings with ease, instead of being clingy to their caregiver. This same child will often try new experiences, trusting their caregiver will not put them in harms way. As this trusting child grows, they may cry less at being left with friends and family, secure in the knowledge Mom/Dad will return soon. The trusting child will also know it's okay to develop lasting and trusting relationships with others.

A child who had challenges in the first stage of development, may have difficulties forming lasting relationships through their life. They may keep friends and family at arms length, without even knowing why. They may have attachment issues as they grow, either being clingy towards their caregiver, because they are afraid the caregiver may not be there later. Or they may be distant and detached from their caregiver, fearing the hurt of rejection or perceived abandonment.

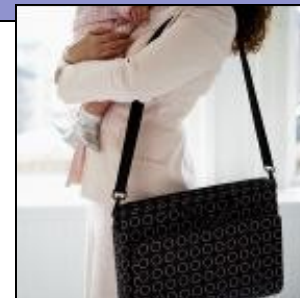
I believe, from my experiences and studies, that if you pick-up that crying infant and provide them with the reassurance that you are there when they are crying, you are reassuring the child that they are supported, cared for and loved. That you are helping them successfully move through this first stage of development, so they can form healthy attachments as they grow.

The key to this however, is to understand how to properly utilize this method, while also knowing when to teach the child self-soothing techniques. This is a delicate balance. A great example is the child who cannot get to sleep at night. There are many who recommend the "cry it out" method, which is allowing the child to cry until they fall asleep, only entering the room at specific intervals. If you believe in Erikson's first stage, this cry it out method, (which is typically recommended for child 4 months & older), may not provide the child with the ability to trust that you are there. However, the child does need to learn how to sleep without you there all the time.

I actually have some experience with this very topic. I worked with an 11 month old who would not sleep without being held. This was obviously an unsuccessful situation for the both of us. I could not let him "cry it out" not only because of my own sanity, but he would wake his older brother from nap. I couldn't hold him all day either, and I knew this child needed to sleep so badly! So, I provided the support he needed, by sitting in the room with him while he fell asleep, every so often rubbing his back, showing him that I was there, but not making interacting contact to say it was play time. Over the next few weeks, my time in his room became shorter & shorter until, one day I could lay him down and he would go right to sleep.

Instead of assuming he was just fighting sleep, and he needed to learn to sleep; I thought about his basic need, trust, and provided him with the support he needed in a way that helps him feel he was safe to go to sleep. I know I was as successful as I was in this achievement, because I used Erikson's theory to guide me.

During the month of October, we will look closer at Trust versus Mistrust and discuss some of Erikson's other theories in his Eight Stages of Development that has helped me be successful through my career with children. I discuss Erikson's theories in my class Behavior Modification without Punishment, because I feel it is a crucial tool every parents should have in their corner. I hope you join the conversation. As many of you know, my newsletter articles are just a starting point of our monthly Facebook discussions.



Providing parent coaching and supportive services to parent, families and parenting partners.

### Ask The Nanny

Rebecca— Our 12 year old will be getting braces soon, but we never had them. What can we do to ease this transition?

Braces are tough for preteens for many reasons, first, they can hurt, and sometimes quite a bit, (I had braces when I was a kid), so eating lunches can be tough, and planning lunches even tougher. Also, there are quite a bit of "kid" foods you can no longer eat. I received a gummy bear in my Trick or Treat bag, which landed me in the Orthodontist's chair one gloomy November afternoon. Helping your child, by planning foods they can eat and removing foods they cannot eat from the home, will be a big plus. Finding fun recipes soups for the first few days after the braces and adjustments will help your child with meals. For other lunches, try to avoid foods that easily stick to your teeth. Having braces makes it easy for foods to stick to the teeth, which can cause cavities. Heavy starchy foods should be served infrequently.

Next, braces can make a child feel very self conscious. You feel like you look different and sound different, and in the wonderful world of Middle School, any difference can mean an easy opening for teasing. Help your child overcome this fear, but having them sit with the Orthodontist to learn the type of braces they will have. When my Orthodontist told me he rarely/never used headgear, I was, (almost), looking forward to the experience. Ask your Orthodontist to show your child before & after pictures of patients. If your child needs braces, then it's most likely they have crooked teeth, by seeing what their teeth will look like later, you can provide them something to look forward to.

Also, encourage your child to talk to peers who have braces. They can help your child prepare for the challenges they will face. The friends will have hints about ways to make things easier, and they will be able to help provide support, because they've been there too.

Don't forget to be honest about what will happen to your child. Some parents want to make the visits easier for the child by not telling them about scary or painful procedure they may be facing. This will only increase their anxiety, because they will fear the unknowns for their next appointment. By being honest up front and you will make things easier for all.

Good luck!! Braces are another hurdle in a child's life, but worth the pain :)

[Click Here](#) to submit your questions.

### What Parents Need to Know

#### Did You Know

Everything Baby has been nominated for the Red Tricycle's **Totally Awesome Award** for Portland area Parent Education Programs. I cannot tell you how excited I am to have this recognition. Red Tricycle has extended their voting for the company you think is **Totally Awesome**, and I would love for you to vote for Everything Baby, LLC. [Click Here](#) to vote!

I'd like to take a moment and sincerely thank my alma mater, [Northwest Nannies Institute](#) for recommending me, out of the thousands of wonderful Nannies who have passes through their door over the years, to be the next **American SuperNanny**. The audition/ interview process was fun and exciting.

I wish the new SuperNanny the best of luck and great success for the new show.

### Everything Baby and other local events

Become a fan of Everything Baby's Facebook page [Click Here](#)

### Upcoming Events

#### Everything Baby Events:

- Beyond Stranger Danger: A must take class for every parent. During this class Rebecca will teach you what child predators don't want you to know. Understand the lures predators use so they won't use them against your child!

Next Class:

October 10th from 6-8 pm at [World of Smiles Pediatric Dentistry](#). To enroll, e-mail [Rebecca](#).

- Behavior Modification without Punishment: After 18 years working with children and families, Rebecca understand what works and what doesn't. During this 2 hour class, she will share with you her favorite punishment free techniques that will help reduce the fighting and enhance the parent child bonding!

Next Classes:

October 2nd 10 am -12 pm at Garden Home Rec Center, enroll through the THPRD website

October 17th from 6-8 pm at [World of Smiles Pediatric Dentistry](#). To enroll, e-mail [Rebecca](#).

#### NOTE: World of Smiles Double Class Special Offer:

For parents who enroll in both classes, I'm reducing the class fee to \$15/ person or \$25 for parenting partners. To enroll, e-mail [Rebecca](#).

**Details:** You may sign up for the classes through the THPRD website [click here](#) select Activities and Classes, then Find a Class, you may find all my available classes by searching for Rebecca Magby under Instructors.

#### Other Local Events:

- Acts Oregon will hold child car safety seat check up clinics often in October. [Click here](#) to find the time and location that works best for you.

Rebecca will be at the Tuality Healthcare Hillsboro Campus on October 8 from 9 am to 11 am inspecting and installing child car safety seats. [Click Here](#) for details.

Did you know, that if you receive a citation for endangering a child passenger, (first time offender), in certain cities/ counties, you may be able to have the citation dismissed but attending a Trauma Nurse Talk Tough class and by attending a car seat check-up clinic, or scheduling an one-on-one appointment with a certified CPS technician. If you have questions about this, contact by the city/ county that issued the ticket. To find a check-up clinic, check-out the Acts Oregon Calendar, (above).

- Do your kids LOVE trick or treating, but do you HATE all the extra candy that's left over? Do you want to show your support to our troops? From November 1st through November 7th [World of Smiles Pediatric Dentistry](#) office is accepting unopened candy in exchange for SUPER prizes. The candy will be sent to our Armed Forces, what a great way to support our troops.

- Our friends at Tiny Talkers are also teaching Kindermusic classes! [Click Here](#) to learn more about all of Tiny Talker's classes and locations.

- Have you ever wanted to trick or treat at the Zoo? [Click Here](#) to find out about Halloween at the Zoo!!

If your interested in more information about our upcoming events, please [click here](#)

Everything Baby, LLC offers Parent Coaching and supportive services to parents, families and parenting partners. We know the challenges you face on a daily basis, and through Parent Coaching, we can help solve your challenges, while staying within your family values. Contact Rebecca today for a free consultation.

For more information about our services, please visit our web site [www.everythingbabylc.com](http://www.everythingbabylc.com)

We encourage you to forward this newsletter to friends and family.

We will not share the information your provide us with anyone.

Questions or comments, please e-mail us at [rebecca@everythingbabylc.com](mailto:rebecca@everythingbabylc.com) or call our office at 503-617-4685.

To remove your name from our mailing list, please [click here](#)

Products suggested are only suggestions. Everything Baby, LLC strongly recommends parents and caregivers always review safety information regarding each purchase to ensure it is safe and appropriate for your family. You may search for recalled products by [clicking here](#).