

Parenting Revolution

Baby Edition

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Fun Baby Facts

ACTIVITY SHEET



In this Baby Edition of the Parenting Revolution program, we've explored everything from planning, conceiving and carrying your baby, through to welcoming them into the world and settling into your new normal. In particular, we've focused on the potential mental, emotional and physical highs and lows that you may experience before, during and after pregnancy and considered ways to thrive. And now, as you continue to discover your God-given purpose as new parents, keep in mind 'the BIG picture'. The best way to care for your baby, is to ensure you also care for yourself and your relationship. A healthy family is the fertile soil that budding children grow best in.



OBJECTIVES SUMMARY

This session is designed to help you:

- (a) learn how your baby's brain and body has mysteriously and marvellously been designed
- (b) understand the various sensory reflexes your baby is born with
- (c) review and reflect on the principles, strategies and skills you have learnt throughout this program

BORN WITH SO MUCH MORE

BRAIN

Although your brain is twice the size of your baby's, they have roughly twice the number of brain cells as you.

TONGUE

You have only one third as many taste buds as your baby, yet at the start, they only taste sweet and sour.

HEART

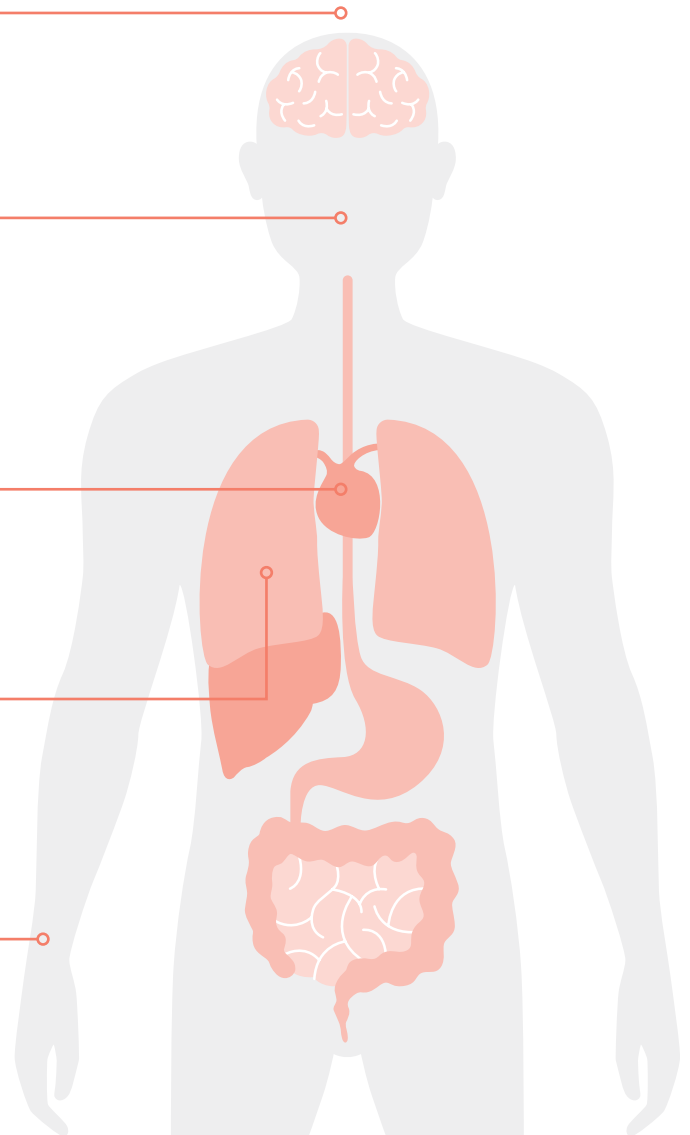
Your baby's heart beats twice as fast (140-170bpm) as yours (60-100bpm).

BREATHING

Your baby takes more breaths than you - Breathing around 40 times per minute, compared with 12-20 times per minute.

BONES

Your baby is born with 64 more bones than you (270 in total). As they grow, a fusion of bones in the spine and skull, drops their bone-count to be the same as yours (206 in total).



**APPROXIMATELY 345,600
BABIES ARE BORN EVERY
DAY (COMPARED WITH
APPROXIMATELY 150,000
PEOPLE WHO PASS AWAY
EACH DAY)**

FUN FACTS: True or False

	TRUE	FALSE
1. Your baby will already recognise and know your voice at birth	✓	
2. Babies don't have kneecaps		
3. In the first year, parents of newborn babies will have the equivalent of 44 days less sleep		
4. At birth, a newborn's stomach is the size of a hazelnut		
5. Babies are born with the ability to hold their breath underwater		
6. When newborn babies cry, they don't shed tears		
7. Caucasian babies are typically born with blue eyes (yet can change colours in the first 2 years)		
8. Newborn babies are nearsighted – being able to see only 20-30cm in distance		
9. Up until 7 months of age, a baby can swallow and breath at the same time		
10. Babies are born with an instinctive sense of rhythm and automatically respond to musical tempo		
11. Babies grow incredibly fast, typically doubling their birthweight within the first 6 months, and tripling it by the first year		
12. The size of a baby's eye is disproportionately large in relation to the rest of its body (approximately 70% of adult eye size)		
13. From as early as 1 week, babies adopt the accent of the culture they're born into and will cry in the melody that echoes that speech pattern		

ANSWER KEY:
1 = True; 2 = True; 3 = True; 4 = True; 5 = True; 6 = True; 7 = True; 8 = True; 9 = True; 10 = True; 11 = True; 12 = True; 13 = True; That's right, all answers are true

Babies are Born with 8 Sensory Reflexes

01.

ROOTING REFLEX

If you stroke your baby's cheek, they will turn to that direction and start sucking

02.

PALMAR GRASP REFLEX

If you touch the palm of your baby's hand, the hand will close and clasp on to your finger

03.

SMILING REFLEX

3 days after birth, your baby will start to smile

04.

MORO REFLEX

If you tilt your baby backwards, they will throw out their arms and legs and extend their neck

05.

STEPPING REFLEX

If you hold your baby under their armpits with their legs dangling, then lower them so their toes touch the floor, they will mimic a walking action

06.

TONGUE-THRUST REFLEX

When you touch your baby's lips, they will thrust their tongue out

07.

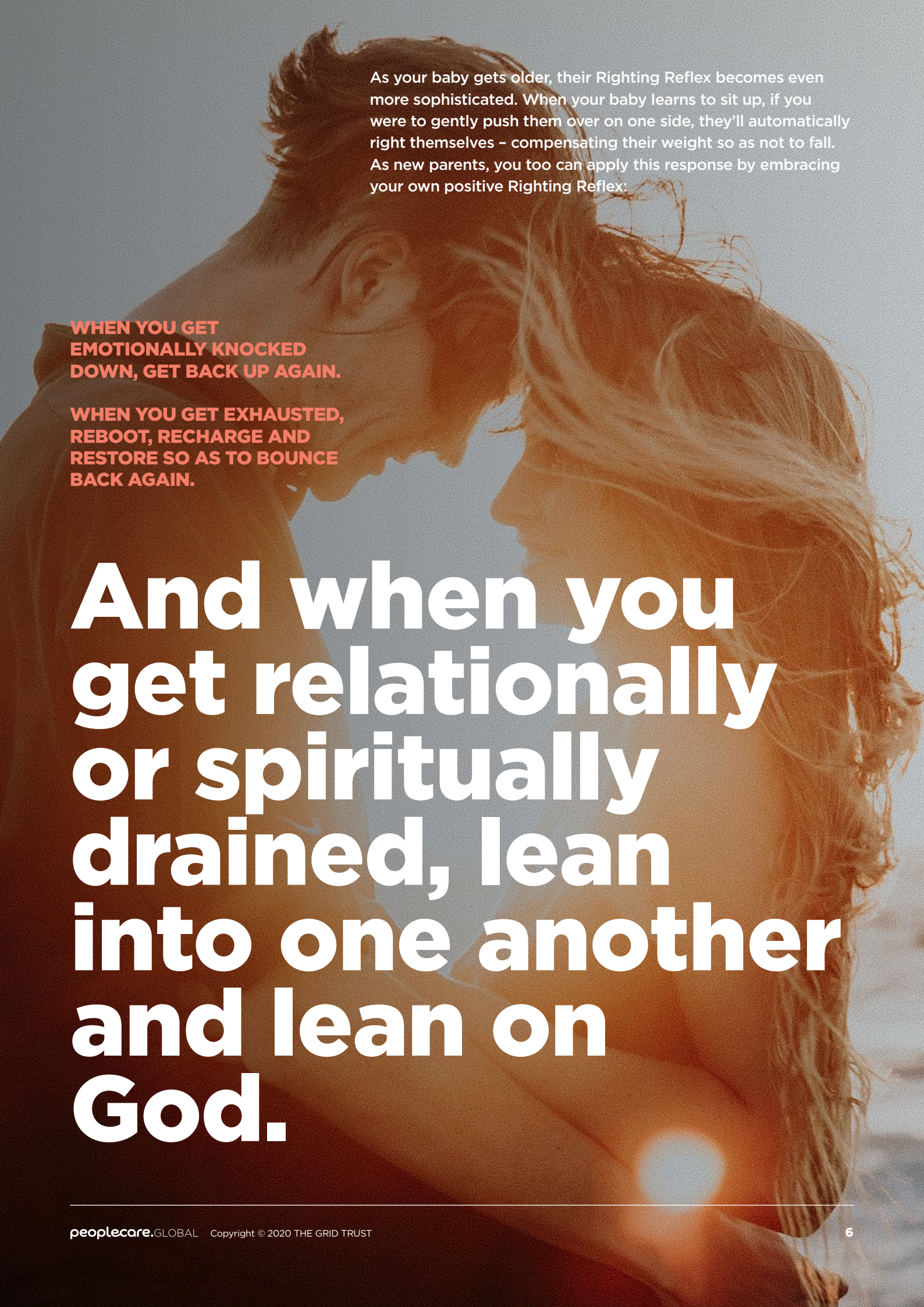
TONIC NECK REFLEX

If your baby is lying on their back, and you gently turn their head to one side, their leg and arm on the same side will straighten, and the opposite side contract

08.

RIGHTING REFLEX

If you place your baby on their tummy, they'll automatically lift up their head to make sure they can breathe. If you gently drop a blanket over your baby's face, they'll automatically shake their head from side to side and flail their arms until the blanket falls off



As your baby gets older, their Righting Reflex becomes even more sophisticated. When your baby learns to sit up, if you were to gently push them over on one side, they'll automatically right themselves - compensating their weight so as not to fall. As new parents, you too can apply this response by embracing your own positive Righting Reflex:

WHEN YOU GET EMOTIONALLY KNOCKED DOWN, GET BACK UP AGAIN.

WHEN YOU GET EXHAUSTED, REBOOT, RECHARGE AND RESTORE SO AS TO BOUNCE BACK AGAIN.

And when you get relationally or spiritually drained, lean into one another and lean on God.

Key Takeaways

Congratulations on completing the Baby Edition of the Parenting Revolution program. While this may be the last session, your journey is far from over. Get ready, the toddler, childhood and teenage years are just around the corner. The good news is that many of the important skills and strategies you've learnt in this program, will also serve you well for the many adventures that lie ahead.



Using the summaries below as a guide and reminder, what are the most important key lessons you took away from each session?

SESSIONS	TOPICS COVERED	KEY LESSON
Session 1: Are you Ready?	<ul style="list-style-type: none"> • Communication foundations as a couple • Appraising concerns that may need addressing • Identifying and aligning with core values 	
Session 2: Brace for Impact	<ul style="list-style-type: none"> • Body-mind-mood impact of pregnancy • Recognising the warning signs to look out for • Foundational principals for psychological health 	
Session 3: From Stressed to Blessed	<ul style="list-style-type: none"> • Understand the nature of stress • The effects of chronic/acute worry/frustration • Effective ways to respond to stress 	
Session 4: Decisions from Day 1	<ul style="list-style-type: none"> • Influential voices in helping you make decisions • Sleep (tradition versus medical advice) • Feeding – breastmilk, bottles and beyond 	
Session 5: Better Baby Bonding	<ul style="list-style-type: none"> • Important steps to building a better bond • Understand your baby's communication cues • What to do when your baby won't stop crying 	
Session 6: Managing the Baby Blues	<ul style="list-style-type: none"> • Baby blues versus post-natal depression (PND) • What to do if the Baby Blues don't fade • Becoming aware of PND warning signs 	
Session 7: Get into Rhythm	<ul style="list-style-type: none"> • Knowing what a baby's routine looks like • Creating positive associations for baby's sleep • Healthy day-night patterns that reduce stress 	

Time to Reflect

Look back on the values you identified in session 1 (relating to the kind of spouse and parent you would like to be). How closely do you feel you are aligned with these values as you navigate the parenting journey?

NOT CLOSE AT ALL	MODERATELY CLOSE	VERY CLOSE
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Q: What values may need realigning (and why)?

Q: As your child gets older, which are the most important values you'd like to model?




Throughout this program, the foundational pillars of mental health have been emphasised. Rate your current level of functioning in these areas.

Healthy Diet			Regular Exercise			Quality Sleep			Social Support			Healthy Thinking		
Low	Moderate	High Functioning	Low	Moderate	High Functioning	Low	Moderate	High Functioning	Low	Moderate	High Functioning	Low	Moderate	High Functioning

Q: What area(s) may still need improvement (and why)?

Q: Throughout this program, what have been the most impacting, rewarding or beneficial things you've learnt (and why)?

Q: What's been the most challenging lesson you've learnt so far (and why)?



**HAVING GOOD PERSONAL
AND SITUATIONAL
AWARENESS, HELPS YOU
AVOID PROBLEMS WHERE
YOU CAN, AND FIND
SOLUTIONS WHERE
YOU CAN'T.**