

Visit Two

Lesson Summary:

- 1. Every action taken as a result of your parenting beliefs sets in motion the ripple effect impacting outcomes with your children.
- 2. Every feeding philosophy sets in motion a neurological chain reaction, impacting everything else down the line.
- 3. The feeding philosophy you choose creates the first RIPPLE impacting waketime and sleep patterns which in turn impact a child's cognitive abilities.
- 4. The infant led feeding philosophy wrongly assumes "baby knows best". This could lead to lack of proper nutrition due to a sluggish baby not showing signs of hunger or a baby feeding too often and not receiving full feedings.
- 5. Clock Feeding does not consider any factors other than the constant of the clock. In this case, legitimate signs of hunger may be ignored.
- 6. With the Parent-Directed approach you feed your baby when he is hungry but the clock provides the protective limits so you are not feeding too often, such as every hour, or too little such as every four to five hours.
- 7. PDF encourages full feedings rather than snack or cluster feedings.
- 8. With PDF a parent will feed their baby upon the hunger cues but will always allow the clock to provide protective limits.
- 9. Most healthy infants have the ability and the capacity to achieve nighttime sleep between seven and nine weeks of age. It is an acquired skill that is enhanced by a feeding routine.
- 10. Routine feedings encourage the stabilization of your baby's hunger metabolism just as erratic feedings discourage stabilization
- 11. The three common sleep props included:
 - a. Sleep vibration equipment.
 - b. Rocking or nursing a baby to sleep
 - c. Using a car ride to put baby to sleep.
- 12. The death rates associated with co-sleeping with infants are so high, that many members of the American Academy of Pediatrics are calling for a complete ban on co-sleeping.