



Dear moms: don't hesitate to seek for help when your child cries too much. Asking for support doesn't mean that you are not a good mother. The opposite is the truth: Not only you are suffering but so is your little sweetheart. An if people tell you „That's normal.“ „Every one has to go through that.“ „Babys cry a lot.“ I'm telling you: NO. That's not true. If all babies cried a lot mankind would have stopped to exist a long time ago. Unfortunately life in the modern world doesn't correspond with a baby's needs. Once we are able to agree on that, it's not difficult anymore

to adjust things in a way the little darling has no more reason to cry. Children growing up in native cultures cry one minute a day. In the modern world they cry several hours per day. And many families suffer in silence because they are ashamed to ask for help.

Dear moms: it's incredible how many things you accomplish at a time! There is no reason to suffer, to stand the crying and to make your way through the day with way too little sleep. I'm here to help. All you have to do is call.



With all my heart and true respect,
yours Heike.



First-Step®

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First-Step®

For Your Child's Development

Please, stop crying my love!



Crying is serious. Crying hurts the soul. Crying makes us fall into dispair. Crying makes us loose our nerves. Crying breakes relationships. Crying doesn't have to be. Crying can be stopped. Easier than you think.

Why does my baby cry?

Crying is a way of communicating with you. After birth, your little sweetheart is not able to live by himself. He/she is depending on someone to be fed, carried and held warm. Crying produces an instant reaction of the mother. This is to get her attention and to make her look after him. So crying is necessary to survive. Nature did a good job. But still – it's not always easy for us to cope with it. The reasons for crying are numerous and sometimes it is difficult to find out what the purpose for the crying is right now.



Reasons for crying may be:

- * Fear
- * Boredom
- * Hunger
- * Fatigue
- * Overstimulation
- * Stomach pain
- * Need for contact



All these motives have the same root:

Life outside the womb is completely different from the life in the uterus. Inside the uterus the baby has been protected. The temperature was always the same. Noises were dimmed. So was the light. There was a lot of movement and touch. Food was always available in the right amount. And your child has always been with you. After birth everything is different. From your baby's view everything is worse. He/she is confronted with gravity and can no longer move as he/she used to. One time it is warm the next moment it's cold. One moment it's loud the next moment there is silence. And the newborn has no influence on all that. Drinking has to be relearned and the milk not always suits his digestive system. Last but not least – to his big disappointment – he is no longer always with you.

So – do we really wonder if he/she cries?

How can we respond to the baby's crying?

We have to understand the causes of the crying:

- Why or of what is the baby afraid?
- What is boredom for the baby?
- Is he hungry? Is he *really* hungry?
- Why doesn't he sleep when he's tired?
- Why is he over-stimulated?
- What caused the overstimulation?
- Why does his stomach ache?
- How do we satisfy his need for contact?
- And we have to be sure that the crying doesn't have a medical indication.



What can you do to stop your baby's crying?

Given your child is full and healthy, all you need are 3 things to fulfill your baby's desires: **movement, touch, voice**. With that you can banish his fear, you can keep him from being bored, you can help him to fall asleep if he is tired, overfatigued and overstimulated, when stomach pain is bothering him and when he needs your nearness.

That easy? Yes. That easy!

Where and how can I learn the skills to stop the crying?

In a First-Step workshop or a First-Step private lesson you can acquire the knowledge it takes to fulfill your baby's needs. Moreover you learn how you can support his development and you will become much more secure in dealing with your sweetheart. Finally you'll be able to enjoy your baby to the maximum and you'll get as much sleep as you want.

