



Creating a deeper, closer,
more natural connection with
responsive infant care.



I am a big believer in having as much physical contact with your baby as possible, holding them, sleeping with them and playing with them. They are only young for such a short time, make the most of it.

You have an inbuilt information system. Once you learn how to listen for it, it will give you the answers you're looking for. Basically, nobody knows your baby like you do. Nobody can tell you how many hours to wait between feeds, or how long your baby should sleep for.

Dunstan Baby Language teaches you to listen for the cues so that you know your baby even better and can tune in more easily to his routine.

Once you've experienced the efficiency the baby language, you can go your own way in caring for your baby with confidence.

Without even realising it, the physical contact we have with our own baby can be quite minimal. It certainly is by the standards of many native cultures where they carry their babies around all the time: hearing their baby's every sound, feeling their baby's every movement.

We put our babies to sleep in a cot in another room. We take them to the shops in a pram. We have baby pouches but we use them only for small periods of time each day.

It's actually really hard for us to get that bond, that link, that connection.

We assume we should know what to do with our children, and we get upset when we don't. But the fact is, the way we have been taught to parent in the western world works against our ability to recognize what our babies need.

This is why the baby language is so helpful. It teaches you how to listen for, interpret and respond to your baby's needs – basic needs that are primitive and not contrived. Quickly responding to your baby's needs is a foundation stone in building a bond between you and your child that lasts a lifetime.



A crying infant that's responded to without delay becomes a more secure child.

In turn, a secure child feels safe, which bonds him with his mother.

Research has found that a bonded child has developed healthy attachment, which leads to a cascade of developmental benefits.

According to Dr William Sears, paediatrician and attachment advocate, "think of attachment parenting as connecting tools, interactions with your infant that help you and your child get connected.

Once connected, the whole parent-child relationship becomes more natural and enjoyable."

By becoming sensitive to the cues of your infant - their pre-cry sounds and body movements - you learn to read your baby's needs.

Because baby trusts that his needs will be met and his cry-sounds listened to, the infant trusts in his ability to give cues.

As a result, parent-child communication becomes more intimate and effective. Research shows that infants that are securely bonded, experience better developmental outcomes - emotional, intellectual and physical development

On average your new baby will cry 2-3 hours a day. Mothers report that you can cut this by up to 50% by using the baby language.



Our philosophy of responsive infant care is the antithesis to the tough-love approach of baby experts such as Gina Ford, who say parents should “train” their infants by allowing them to cry themselves to sleep.



Leaving a distressed baby to cry on a regular basis could be damaging to the developing brain, according to paediatrician and author Dr William Sears and infant care expert Penelope Leach.

Infant development experts acknowledge all babies cry to get attention, however a secure, content baby is one that is responded to quickly and consistently by its carers, thereby minimising the harmful effects of prolonged crying.

Using saliva swab tests, scientists have been able to measure high levels of the stress hormone cortisol in distraught babies whose cries elicit no response from parent or carer.

Neurobiologists found high levels of stress hormone cortisol are ‘toxic’ to the developing brain.

“It is not an opinion but a fact that it’s potentially damaging to leave babies to cry. Now we know that, why risk it?” Leach says in her book, *The Essential First Year – What Babies Need Parents to Know*.

“All babies cry. Some cry more than others.” But crying, in the first year or so, is the only way a baby can get a response. Denying a response, she argues, can have long-term emotional consequences.

“We are dealing with the expectations that a baby’s brain is building up. The reason babies raised on strict routine regimens go to sleep, usually with less and less crying, is because they are quicker and quicker to give up. Their brain has adapted to a world where they are not responded to,” she says. “That kind of early-induced anxiety may relate to anxiety right through adult life.”

Leach is an honorary senior research fellow, and her studies have shown that having a mother, father or carer who responds to the baby is a crucial factor in their development.

“We followed 1,200 mother and baby pairs from birth to state school. We were surprised to find that differences in child care do not make nearly as much difference as we expected them to.

What makes more difference is the carer’s responsiveness.”

Dramatically less crying improves the quality of life for both mother and baby. More sleep. Less exhaustion. Less distress all round.



Because we do not understand what the baby is saying, and we feel out of control, we try to find control. We go to books, doctors, friends and family who we hope will help us find a way to stop our baby from crying.

We hear a lot of solutions and we try them out. Sometimes they work – we've hit on the right method for our baby – and sometimes they don't, leaving us bewildered, insecure and sleep-deprived.

Dunstan Baby Language is based on the belief that your baby will tell you what he needs.

The Baby Language is unashamedly based on the notion that babies should be given what they want on demand.

Demand feeding, demand burping, demand sleeping and demand comforting.

This does not mean there should be no routine.

What it means is that a routine should reflect daily fluctuations in your baby's needs, and differences between babies.

Is excessive crying harmful?

Absolutely.

Can you minimise it by responding quickly to their needs?

Absolutely.

There is inarguable scientific research to support the long-term benefits of responding quickly to your crying baby.

According to world famous paediatrician Dr William Sears, science tells us that when babies cry alone and unattended, they experience panic and anxiety.

When trying to understand if excessive crying is harmful for babies, think about the fact that their bodies and brains are flooded with adrenaline and cortisol stress hormones and when developing brain tissue is exposed to these hormones for prolonged periods, these nerves won't form connections to other nerves and will degenerate.

In fact it's suggested that infants who endure many nights or weeks of crying-it-out alone are actually suffering harmful neurological effects that may have permanent implications on the development of sections of their brain.

Critically for your baby's development, less crying leads to closer bonding. Which according to research, accelerates brain development,



Some babies simply do not need as much sleep as others. Some babies need more food than other babies. Some babies need less burping than others. Some babies need more attention than others.

This is not a revolutionary idea.

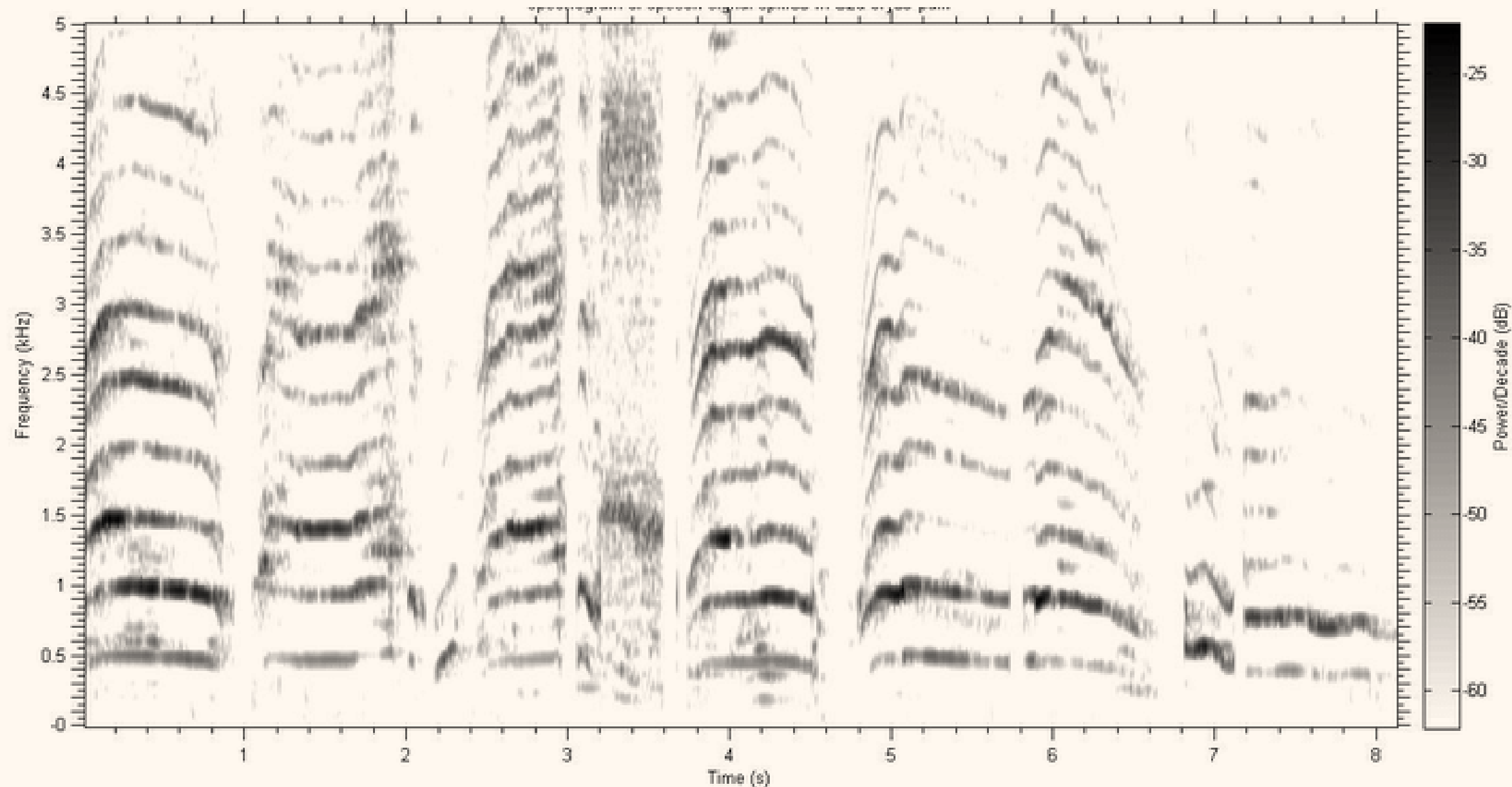
Notions of timetabling, and strict rules about how often to feed, how much time should be spent on each breast, when to burp, where, when and how to put your baby to sleep and even which cries to ignore are now considered to be unhealthy physically, mentally and emotionally for both the baby and the parent.

This kind of parenting leaves little room for interaction between the baby and the parent – interaction which is the basis of communication between parent and child forever more.

If you base your decisions on your child's rhythms instead, taking notice of when your baby wants to feed, sleep, play, be held, burp and whine, you will *discover* a routine.

When a routine develops from a baby's needs it naturally has the flexibility to change as your baby's needs change. Enforcing a routine that has nothing to do with your baby's own rhythm is nearly always going to be a struggle.





Spectrogram of an infant 'pain' cry.
Indian Institute of Technology,
2014.

Cries are not only meaningful and compelling because they are primal sounds born of reflexes, but because they communicate the intensity of the baby's unmet need.

Spectrographic studies that turn sound into images show just how varied and complex a cry is and how it increases with degrees of suffering. Changes in pitch and in the pattern of sounds reflect the degree of urgency a baby's body is feeling. Pain causes the baby's breathing rate to increase and the sound that is released occurs in high-pitched, staccato cries.

You can tell a lot from the particular kind of cry and the tone and pitch of the cry. There is nothing 'new age' about the concept of the baby language.

Each 'word' is a reflex with sound added. Once you know the language, it will become first nature to listen to the particular sound your baby is making, to look for the reflex that is forming the sound, and to then link the reflex to a need. Dunstan Baby language has five 'words'. With just five words, the lines of communication between you and your baby are open.

It's much easier to bond and connect with a baby who isn't crying.

By calming the crying, you make more time for bonding. There's no better feeling than knowing that you are giving your baby the best possible gift: the security of being heard and understood.

Parents have a deep desire to soothe their infant's distress. This program will help you you crying not as a problem but as an opportunity to bond with your baby, because you'll be able to connect your baby's cries to specific needs and respond to them.

Countless parents worldwide have told us that learning their babies cries has changed their lives, reduced their stress, built their confidence as parents, and deepened their bond with their baby.

We now understand that bonding and attachment are essential for a child to grow up to be a functional member of society.

Responsive caregiving directly influences how children relate to the world and to others for the rest

of their lives – and it may affect intelligence.

In a Dutch study "*the relationship between quality of attachment in infancy and IQ in kindergarten*" conducted at the University of Leiden in the Netherlands, showed that babies in the securely attached group attained higher IQ readings, with results showing as early as kindergarten.

Parents who are well bonded with their child do better, too: they have a higher tolerance for normal parenting challenges such as crying, sleep deprivation, and the lifestyle changes parenting requires. We parents know this in practical terms – it's very hard to bond with a crying baby, even harder when you doubt your ability to help the crying child.

It is my dearest hope that understanding your baby's cries will be the first step to a lifetime of positive communication and bonding between you and your child.

Independent research conducted with mothers in Australia the United States and the United Kingdom in 2006 and 2007 show just what a positive impact knowing the system has on the families of newborns:

72% of parents said their babies settle faster.

50% reported longer and better quality sleep for both them and their baby

70% of parents reported feeling more confident, relaxed, and in control.

55% of mothers felt they were more bonded with their baby.



Learn how to understand your baby's cries, so you can respond to their needs quickly and accurately.

Enrol in the course today.

