

Social individual work with the baby simulator:

Alcohol damaged baby model & Shaken Baby simulator



Erasmus+





Very important before the counselling:

- The baby simulator has to be treated like a real new-born
- The simulator should not be laid down somewhere and should not be called a „doll“
 - A doll is a toy
 - The simulator is a pedagogical tool.
 - Call it “baby simulator”, “new-born simulator” or “RealCare Baby”
 - it is important for the relatedness to reality of the parental simulation



Responsible Parenthood

- To take care and educate a child until it is grown-up, is one of the most responsible tasks in our life.
- A lot of parents approach quite unsure to this task
- Therefore, the preparation to this role is very important
- We see, that especially young people are overstrained by this task and don't know, how to act in difficult everyday situations
- In the counselling setting we have the opportunity to work with the baby simulator
- Here, we can speak with the parents already during pregnancy that they are responsible for their own and their baby's health
- Together with the parents we practice, how to hold, carry a baby and take care of it
- Furthermore, we have the opportunity to talk about the danger of excessive demand and create a concept which can be used in situation of excessive demand

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.Bevor birth

- One of the most important parental tasks is to take care of health and development of the child. It already begins during pregnancy
- Most of it, what the mother takes, passes to the circulation system of the child and influences the development
- Alcohol is consumed by every social class
- Its effects to the own health and especially to the health of a unborn child is not just underestimated by teenagers.
- In Germany, there are 3000-4000 children born with FASD (Fetal Alcohol Sprectrum Disorder)
- FASD is a problem in all cultures and all social classes
- It is not inherited, not genetically, but exclusive an effect of alcohol consumption during pregnancy

After birth

- Here, the excessive demand situations are in focus of the work
- In Germany, there are 100-400 cases of shaken baby syndrome every year
- Estimated numbers are probable higher
- 25% of the children die due to heavy head injuries
- 70% suffer brain damages which can cause lifelong impairment
- In counselling settings we have the big chance to create plans with the parents which they can use in situation of excessive demand and aggression
- If dangers are realized and a acting plan exists, the child will probably not be shaken
- **Screaming is mostly the trigger**

- A new-born under 6 months age can not be pampered.
- A screaming baby is not pampered if its getting consolation but gets the trust, that its needs getting fulfilled
- Screaming is an opportunity to communicate and as well to process experiences
- Sometimes babies scream without an apparent reason or as a reaction to a tense situation between parents/caregiver

- Insatiable screaming can be very trying and frustrating, especially if the parents are tired and exhausted so there is less energy and patience for a crying baby
- Preparation, education/information and offers of assistance have to prevent violence
- Parents have to know about screaming behaviours of young children

- **Babies never scream to annoy the parents!**

- Of course, at first the needs of the new-born has to be checked.
 - Is it hungry, does it need a new napkin, maybe there is a scratchy label at its clothes, a nipping napkin, has it the need for rocking and body contact or just want to hear the voices of its parents
- Parents should have a concept, which they can use in situations of a screaming baby and if they feel, that they get more and more impatient
- The have to know, that they are not bad parents if the care of a new-born sometimes bring them to their limits of capacity

My plan, to handle the stress, if my baby is screaming continuously

The baby is not stopping screaming and i tried to calm it (changed napkin, feeded it, rocked it in my arms...) Now I will try the following:

If the baby does not stop to scream and my stress level is getting higher, can I lay it down safely here:

...and I can do the following to calm myself:

If I have the feeling, that I need to talk to someone, I can call these people:

If I need someone who can take care of the baby for a while, I can call these people:
