

# SLEEP & ENERGY GAUGE



## HOW I'LL SHOW YOU I'M TIRED:

- I'll rub my eyes and yawn  
(you already know those two dad!)
- I might make some high-pitched sounds
- Instead of turning away for a mini-rest,  
I'll turn away for a longer break
- My movements will become more jerky
- When I'm getting really tired, I'll become fussy, and then  
when I'm really tired I'll start crying more and more.
- It's easier for both of us if you don't just wait for my  
crying to tell you I'm tired.

# WHAT IS THE MOOD AT HOME?

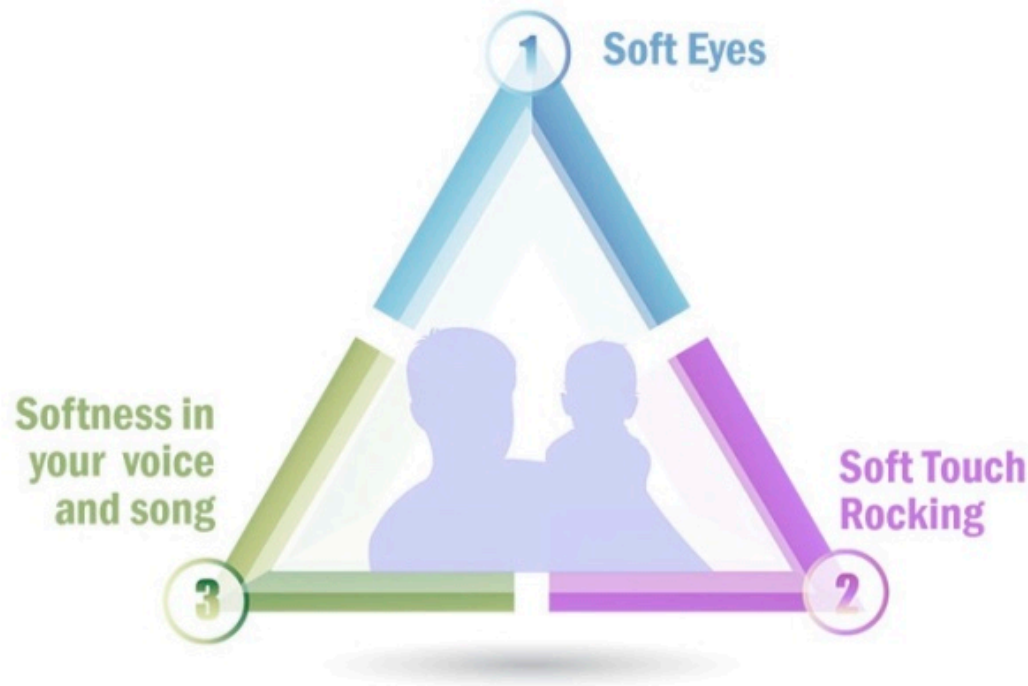


**Dad, can you help to keep the atmosphere at home as warm and calm as possible?**

As a newborn my central nervous system is still immature and I'm very sensitive to stress.

When the mood at home becomes tense or angry, it affects me and I feel insecure. Feeling secure is the foundation for my self-worth, so I'll need every ounce of your patience and understanding when I'm little. In return, I'll give you lots of love and one day I'll make you proud of me Dad!

# THE THREE INGREDIENTS OF SOOTHING-BABY



## DADS WHO CAN – being there for your little one

The problem for babies and small children is that they can't cope with big feelings, so they are totally dependant upon your ability to soothe them.

### TO SOOTHE AND COMFORT YOUR BABY WHEN THEY ARE DISTRESSED:

1. Know that your baby is very responsive to your face and eyes.
2. Bring a softness to your voice.
3. Hold your baby lovingly so that they feel warm and secure as you hold or gently rock them.

Your Baby will feel safe and secure when they learn from experience that they can rely upon your care. That sense of security get's wired into their brain – nice one dad!

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# THE FOUR GATES THAT CAN STOP A VIOLENT IMPULSE

THE FIRST GATE



THE SECOND GATE



THE THIRD GATE



THE FOURTH GATE

