



Parenting and Looking after Babies: Learning the ICON Message

Student Handbook

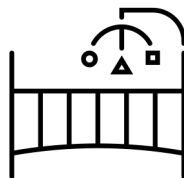
<https://iconcope.org/>



ICON – Parenting and Looking after babies

- Entry Task:
- Entry Task – What do you think the **positive** and **negative** experiences are of looking after a baby?

Positive	Negative / Challenges



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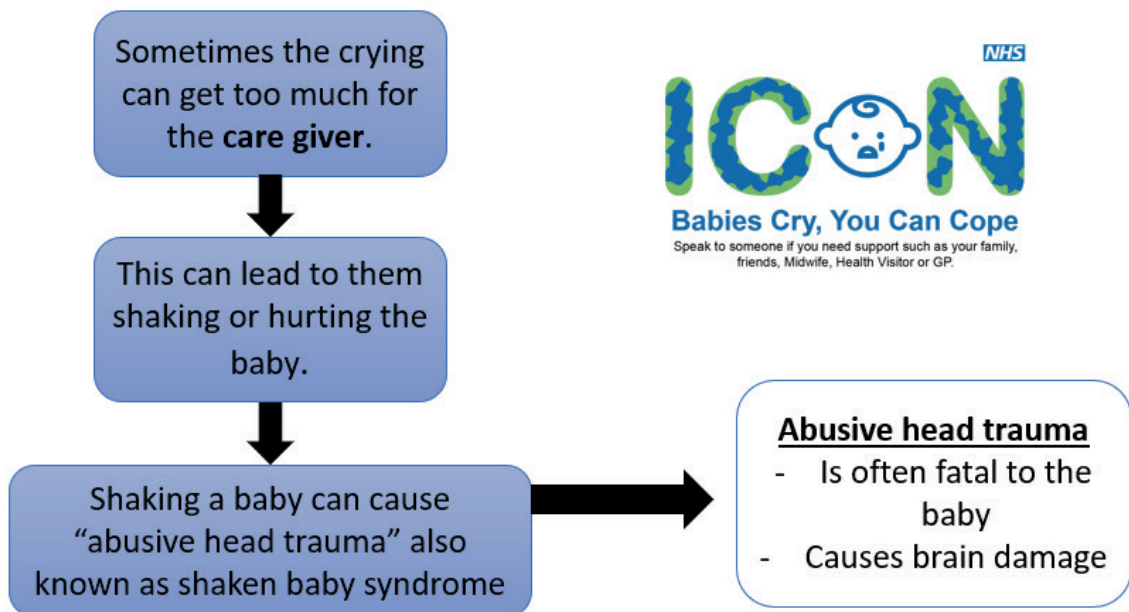
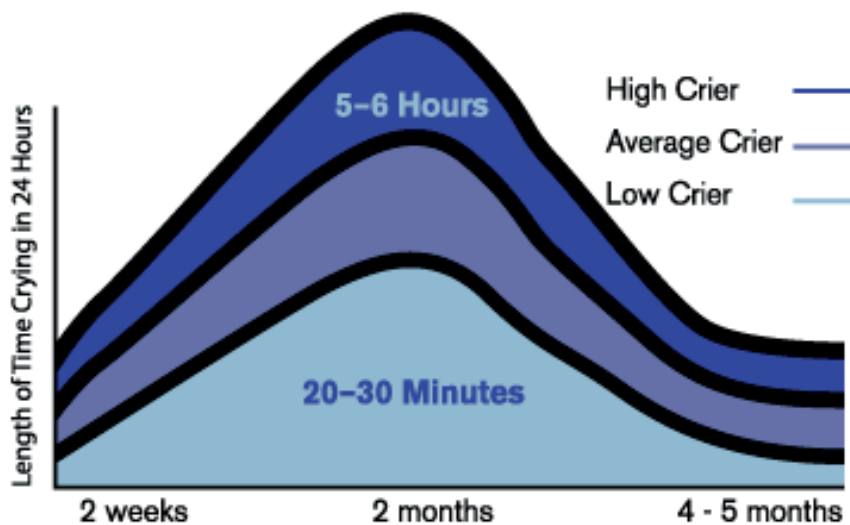
NHS



Babies Cry, You Can Cope

Speak to someone if you need support such as your family, friends, Midwife, Health Visitor or GP.

Curves of Early Infant Crying 2 Weeks to 4 - 5 Months



Video 2:

- How do you think dad felt during this video?

- How do you think mum felt during this video?

Case Study: Ellis and Mae

- Read through the case study and answer the questions at the end

Ellis was born in Valentines day 1995. He was just perfect. 3 months later he was shaken by my ex-partner. This caused Ellis to stop breathing and he was rushed to hospital. I was really worried about him. He was in an incubator in the intensive care unit. I did not know Ellis had been injured.

Ellis had sustained severe brain damage as his brain had been shaken back and forth. He had become blind as the shake had caused his retinas to become detached and his optical nerves to be damaged. Ellis was very poorly and the doctors did not think he would survive. But he did.

It was then that my ex-partner was arrested and charged for shaking Ellis, as he had stopped breathing in his care. He went to prison. Ellis came home as a different baby. He no longer coo'd when I walked into a room or when I picked him up. He didn't reach for things or play. Ellis didn't move or make happy sounds.

As Ellis got older it became more obvious, what the damage had done to his brain. He didn't learn to roll, or hold anything. He also didn't start crawling or sitting himself up or standing and walk. He never spoke, not even basic words, I was never called mum. Instead, Ellis was in hospital more than he was at home, due to him being poorly or needing operations. His longest time in hospital was 17 weeks, mainly due to chest infections as he had a low immune system. He was in intensive care 5 times on a life support machine. I worried about him everyday of his life.

As Ellis got older it became more difficult look after Ellis. We had a hoist to get him in and out of bed, in and out of his special adapted wheel chair and in and out of the bath. Ellis could do nothing for himself. He couldn't move, talk, feed himself or even see. I had to do everything for him. He lost his right to chose, make friends or have a personality.

Elis kept being poorly, and was rushed to hospital more frequently with chest infections. His doctor told me that Ellis was reaching his end of life. We looked after him at home and had palliative nurses come and help us. Ellis passed away age 14 as I held his hand at a children's hospice. His weak immune system was as a direct result of the catastrophic injuries Elis sustained.

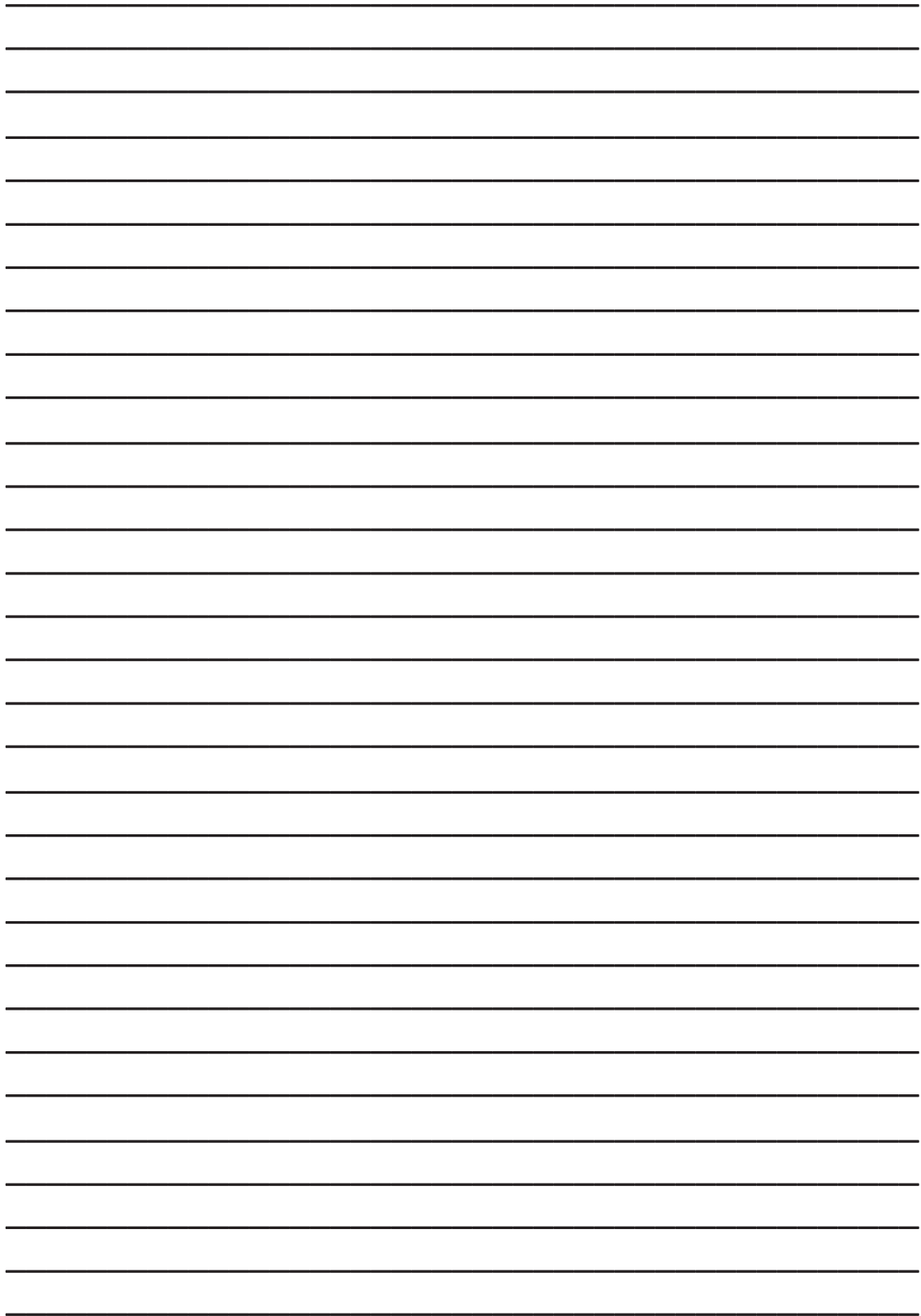
Ellis would have been 27 now. May have got a job and had children of its own. One moment of anger took Ellis life away from him. I will always be affected by the loss of what should have been, the 14 years of trauma he went through. His younger brother will never have that brother to look up to. Our loss will be felt forever.

It's vital to understand ICON and that future parents, babysitters, sibling etc. are all educated to truly know the severe consequences of shaking a baby.



1. What were the long-term consequences for Ellis of him being shaken?
- 2, What were the long-term consequences for mum Mae?
3. What were the long-term consequences for the ex-partner?
4. How does this case study make you feel?
5. Why do you think it is important to educate people on this topic?

[illegible]



Tips for coping with crying babies:

Remember crying is normal in babies

Think about whether they are; hungry, need their nappy changed, tired

Sing to the baby

Give the baby skin to skin contact (cuddle)

If possible, try going for a walk

If the baby is in a safe place, it is okay to walk away and calm down

Where can
new parents
access / ask
for support

<https://iconcope.org/>




Infant crying is normal and it will stop! Babies start to cry more frequently from around 2 weeks of age. The crying may get more frequent and last longer. After about 8 weeks of age babies start to cry less each week.

Comfort methods can sometimes soothe the baby and the crying will stop. Think about are they:

- hungry
- tired
- in need of a nappy change

Try simple calming techniques such as singing to the baby or going for a walk.

It's  to walk away if you have checked the baby is safe and the crying is getting to you. After a few minutes when you are feeling calm, go back and check on the baby.

Never, ever shake or hurt a baby. It can cause lasting brain damage or death. If you are worried that your baby is unwell contact your GP or call NHS 111.

Speak to someone if you need support such as your family, friends, Midwife, Health Visitor or GP.

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Babies Cry, You Can Cope!

Credited to



Beth Williams Fleetwood

Remember - if you are concerned a baby may be unwell, contact a GP or NHS 111 (go to 111.nhs.uk or call 111- the service is available 24 hours a day, 7 days a week).

In an emergency, ring 999.

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