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## Introduction

Congratulations! You will soon experience many of the same responsibilities as the parent of a new infant. Of course, the Realityworks infant simulator doesn't act like a real infant in every way. Baby doesn't smile, laugh, throw up, or wet its diaper.

Baby's cry is a recording of a real infant, and you won't know when, or how long it will need your attention. Like a real infant, it may sometimes need you at inconvenient times, including when you are sleeping. Infants wake their parents in the middle of the night because they do not know when dinner time is. They want to eat when they feel hungry. Infants grow very rapidly, so they need a lot of food for their tiny size. Because their stomachs are so small, they can't eat as much as an adult, but they eat more often.

As with an infant, Baby needs proper head support. Models with the Realistic Head Support feature must be carried and held correctly or it will be recorded in the electronics box. Keep Baby with you at all times and if you go out, you may need to take equipment and supplies, such as a stroller, diaper bag, and car seat. The infant simulator is often mistaken for an infant. Dress Baby warmly in cold weather; never leave it unattended.

### *Some Final Thoughts*

If, after your parenting simulation, you receive a good grade or extra credit, congratulate yourself. A poor evaluation does not necessarily mean you won't be a good parent someday. It may mean you are not ready for parenting yet. In either case, your time with Baby should have given you more information to use in making informed choices for your future.

## Terminology

**Baby or infant simulator** - refer to the computerized unit you will care for.

**Care key** - the small plastic device you wear on your wrist to care for Baby.

**Care session** - caring for Baby by holding the care key in its back for the length of time Baby requires.

**Electronics box** - the small computer that fits in Baby's back. A digital display inside the electronics box tells your instructor how well Baby was cared for.

**Parenting simulation** - the experience of caring for Baby.

# Operating Instructions

## When Baby Cries

Although there might be times in real life when a parent would let an infant cry, most of the time, and especially with very young infants, the parent should respond quickly.

A real infant's cry can signal many different needs. The infant simulator will cry for only five reasons (four for Standard Babies):

1. Baby is in the wrong position.
2. Baby needs care, provided with the care key.
3. Baby has the care key inserted, but wants to be left alone.
4. Baby has been handled too roughly.
5. Baby's head has not been properly supported (**Realistic Head Support Babies only**).

### 1. Wrong Position

Baby likes to be on its back, right side, or upright. If you hold it upside down, on its left side, or on its stomach, it will begin crying after a few seconds and will continue crying until positioned correctly. If crying continues for more than one minute, the electronics box will report a neglect event.

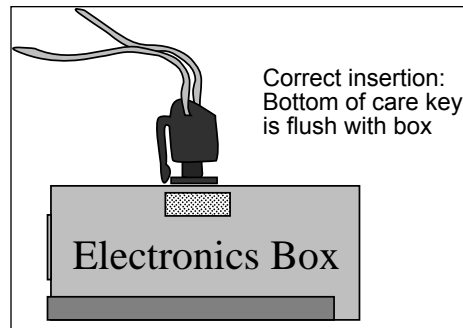
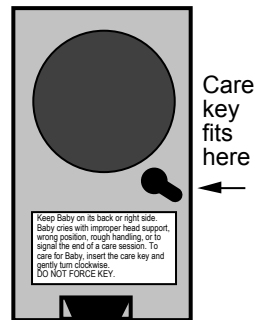
### 2. Needs Care

Baby will cry for care. This may happen many times a day, but the times will be random, not evenly spaced. Real infants need to be fed, burped, soothed, and so on. You will simulate all these actions by using a care key. Your instructor will fasten the care key to your wrist with a wristband, similar to one you would wear in the hospital. You, and only you, can care for your Baby. If you remove the wristband, you will not be able to put it back on. If there will be times that you cannot care for Baby during your parenting simulation, arrangements for a babysitter must be made with your instructor's approval.

Do not allow the care key to dangle from your wrist, where it can be pulled into machinery or snagged, possibly causing serious injury. Keep it clipped to the

wristband, or wrap the cord around your wrist when you are not using it to care for Baby. Excessive pulling or stretching of the care key cord may weaken the cord and break it.

When crying begins, check to see if you are holding Baby correctly. If you are, or if changing the position doesn't stop the crying, then Baby probably needs the care key. Insert the care key into the hole in the electronics box as shown in the drawings, and gently turn the care key clockwise.



There will be a delay of up to three seconds between the time that you insert the care key and the time that Baby stops crying. Do not overturn the care key. Overturning can damage the care key or electronics box, and you will have no way to stop the crying!

Crying for the care key does not necessarily mean Baby is "hungry". Real infants are not always hungry when they cry, and constant feeding can lead to weight problems later in life. That is why you put a care key in Baby's back, not a bottle in its mouth. Remember, using the care key is not always feeding.

During the care session, you must continue to hold the care key in place as well as position Baby correctly, or it will start to cry again. Cradle Baby in your left arm (if you're right-handed) and hold the care key in Baby's back with your right hand. If you are left-handed, hold Baby in your right arm and the care key with your left hand.

A care session can last as little as one minute or as long as thirty. You will not know how long the care session will last until Baby coos or cries to signal that the care key should be removed. Care sessions are random, so you will never be able to predict when Baby will need its care key.

If Baby cries when you remove the care key, you probably let it slip out of place before the care session was over. Re-insert the care key, turn it gently, and wait a few seconds for the crying to stop. Continue holding the care key in place until the care session is complete. Remember to position Baby correctly.

### 3. Wants To Be Left Alone

When the care session is over, Baby coos or cries to tell you that it is finished. If Baby has been well cared for with no neglect, rough handling, or improper head support it will coo. Remove the care key. Until the next care session, the care key cannot be inserted or Baby will cry.

### 4. Handled Too Roughly

Infants are fragile. They must be handled gently. An accident, shaking, or hitting can hurt or even kill an infant. The Baby Think It Over® infant simulator must also be handled gently. Unlike a real infant, Baby can tell your instructor that it was handled roughly, whether it was your fault or not.

#### Remember, don't...

- ... juggle too many things in your arms at one time while holding Baby; it's too easy to drop something, and it could be Baby.
- ... play with Baby by throwing it in the air and catching it. This can cause permanent brain damage in a real infant.
- ... let other people hold Baby unless you would trust them with your own child. Some people think it's funny to abuse Baby, or may want to get you in trouble by damaging it.
- ... leave Baby unattended or put it anywhere that would be unsafe for a real infant, including a table, counter, or chair.

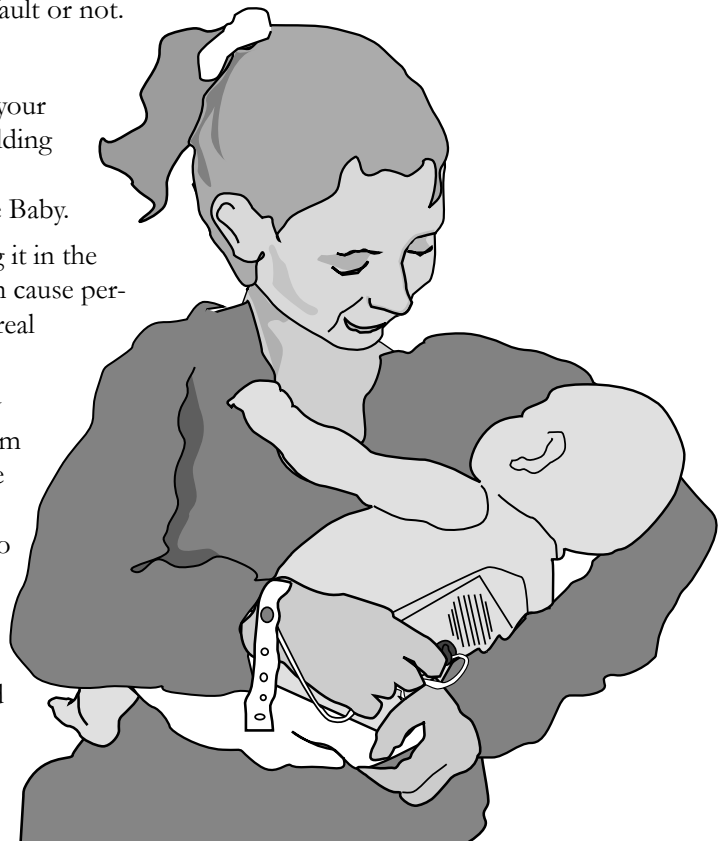
... let anyone shake Baby, and never shake it yourself. Although shaking may not seem as bad as hitting or dropping an infant, in real life, shaking can cause brain damage, and sometimes death.

If Baby is handled roughly, even accidentally, it will cry for 30 seconds and cannot be quieted. Using the care key or changing Baby's position will not help during this time, just as an injured infant cannot be immediately comforted. Each time Baby is handled roughly, it records a rough handling event.

### 5. Head Support

When holding a real infant, the head must be supported. Infant simulator models with the Realistic Head Support feature are designed to stress this need. If you fail to support the head, it will fall back and Baby will cry for 30 seconds and cannot be quieted. Baby will report how many times the head was not properly supported.

In the event the head position is not corrected, Baby continues to cry. If Baby is left to cry for longer than one minute, the computer will record a neglect event.



## Other Baby Care

### Bathing & Changing

Real infants need their diapers changed and need to be bathed. Your instructor may require you to do these tasks. Follow your instructor's directions for bathing Baby. NEVER immerse Baby in water, and NEVER let water touch the electronics box in Baby's back.

### Skin Care

Real infants have delicate skin. Baby has vinyl skin that STAINS VERY EASILY. Keep Baby away from pens, newspapers, magazines and new unwashed clothing, especially new blue jeans and new sweat-shirts. The inks and dyes can stain Baby's skin, and these stains may not come off.

### Supplies & Equipment

Your instructor may require you to use equipment that real infants need. Parents never know when a very young infant will need to be fed or have its diaper changed while away from home, so they need to carry many items with them in a diaper bag. Take good care of these things as well as Baby. If equipment is assigned, such as a crib, stroller, or carrier, use them consistently.

### **If You Drive . . .**

If you are driving when Baby begins to cry, pull the vehicle safely off the road before attempting to use the care key. If you cannot safely pull over, let Baby cry. If Baby cries more than one minute, note the incident in your diary.

It is illegal in most states to transport an infant without a car seat. Use a car seat every time you drive or ride in any vehicle with Baby. Learn how to strap Baby in properly before you begin your parenting simulation.

## Safety Precautions

Baby may cry while you are driving. Please be aware that the crying may start unexpectedly, and you should be prepared.

Never leave Baby unattended in a public place, given the potential for misunderstanding.

Bring your vehicle to a complete stop in a safe location before caring for Baby, or to retrieve a piece of Baby's equipment that falls.

Do not feed, burp, rock, change diapers, or otherwise care for Baby while driving.

Failure to install Baby in a car seat in a motor vehicle could result in these items becoming projectiles in the event of a sudden stop or accident.

Do not place Baby on or near a stove, especially while cooking.

Never take your wristband off. Not only will you be deducted points, but you may lose the ID or stumble around in the dark looking for it if Baby cries during the night.

Baby should sleep somewhere close to your sleeping quarters, but not in bed with you. Baby may fall out of the bed or you could roll over on it, causing damage to Baby and discomfort to you.

Loud crying near people with potentially serious physical conditions, such as those susceptible to heart attack or stroke, should be avoided.

Make a note in your diary where, because their safety or that of others may have been compromised, they had to delay care of Baby.

Do not place Baby in or near water.

Baby's crying or other sounds may cause pets to become agitated or aggressive. Keep Baby out of the reach of pets or other animals.

Use an infant car seat or carrier to transport Baby, rather than holding Baby at all times.

Baby weighs 6.5 to 7 pounds and could cause discomfort for individuals with back pain.

Do not operate any type of equipment or attempt tasks requiring the use of both hands while holding Baby.

Do not allow small children to play with Baby. Baby's hands and feet could be a choking hazard.



# Car Seat Safety

## IT'S THE LAW.

Everyone who rides in a vehicle is required to use safety restraints. Adults use seat belts. Children too small to be protected by seat belts ride in car seats, and infants use infant car seats.

There are many brands and types of car seats available. When buying one, be sure it is appropriate for the size and age of the child who will be using it.

- **infant only seat:** birth to approximately 20 pounds and 12 months.
- **convertible seat:** converts from rear-facing for infants to forward-facing for toddlers over one year and at least 20 pounds.
- **booster seat:** used by older children as a transition seat before seat belts. For these seats, children should be over 40 pounds and four years old.

Infant car seats are placed in the car differently than a car seat for an older child. Infant car seats allow the infant to be positioned at an incline, not a sitting position. In an infant car seat, the infant faces the rear of the car, not the front. A car seat, whether for an infant or an older child, must always be secured to the seat with a seat belt. If not secured, the car seat can be thrown through or from the car during a collision or sudden stop.

Follow these basic car seat installation guidelines to keep both you and Baby safe:

- place car seat **rear-facing** on vehicle seat firmly against vehicle seat back
- thread vehicle seat belt through the car seat belt slots and buckle vehicle seat belt
- remove slack in lap belt by pressing down

firmly on the car seat to compress vehicle's cushion and tighten up lap belt

- test for secure installation by pulling front to back and twisting left to right
- to avoid injury, position handle behind car seat

Be sure the seat was manufactured after January 1, 1981 and meets safety standards. The car seat should be registered with the manufacturer (even if you purchase a used one) in the event of recalls.

Children of all ages, including infants, should NEVER be placed in the front seat with a passenger-side air bag. Whenever possible, children of all ages should ride in the back seat.

Do not transport sharp or heavy objects, including groceries, loose in the vehicle. Any loose object can become deadly in a sudden stop or accident.

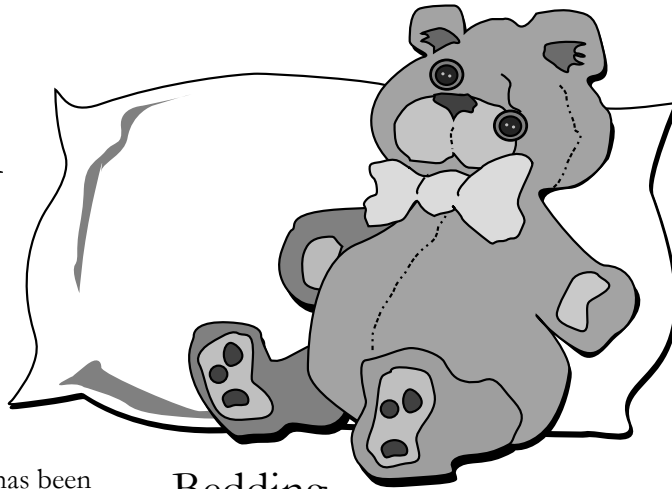
Do not give an infant hard or long pointed items such as an ice cream stick, lollipop, pencil or pen to play with while riding. A sudden stop or accident could cause the infant to be injured.

The Air Bag Safety Campaign  
wants you to remember:

**A**IR BAG SAFETY:  
**B**UCKLE EVERYONE!  
**C**HILDREN IN BACK!



# Sudden Infant Death Syndrome SIDS



The Realityworks infant simulator has been designed to help educate about SIDS. The crying that results from placing Baby on its tummy occurs to draw attention to the fact that real infants should be put to sleep on their backs. Although real infants can be put on their tummies when they are awake, Baby cannot.

No one knows for sure what causes Sudden Infant Death Syndrome. An infant is put to bed with no indication of any problems, but is later found dead. SIDS is not common, yet nearly 6,000 infant deaths each year in the United States are attributed to SIDS.

SIDS usually affects infants age 3 weeks to 4 months. It affects more boys than girls, and most deaths occur during fall, winter, and spring.

A recent study states that infants most at risk from SIDS can be treated with an 80 to 90 percent success rate. Newborns with a prolonged QT Interval (a heart abnormality) that may be identified on an EKG were 41 times as likely to be at risk for SIDS.

Parents can also help greatly reduce the risk of SIDS by following a few basic guidelines.

## Back to Sleep

Whether for a nap or to bed for the night, an infant should usually be put to sleep on its back. Before leaving the hospital, new parents should talk to their doctor about which sleeping position is best. Some health conditions may require tummy-down sleeping.

## Bedding

An infant should sleep on a firm mattress or surface. Don't use fluffy blankets or comforters under the infant. An infant should not sleep on a waterbed, sheepskin, pillow, or other soft material.

## Soft Toys

Don't place soft stuffed toys or pillows in the crib or bassinette with an infant. Some infants have smothered from such toys.

## Smoke-Free Zone

Provide a smoke-free zone around an infant. The risk of SIDS is greater for infants exposed to cigarette smoke or whose mothers smoked during pregnancy. Don't let ANYONE smoke around Baby.

## Educate Others

Be sure that anyone who might watch an infant knows about SIDS and the precautions to take. This applies to babysitters, family members, and friends. Don't leave an infant with anyone who might put the infant at risk because they don't know how to reduce the chances of SIDS.





# Shaken Baby Syndrome

Shaken Baby Syndrome is the medical term used to describe violent shaking of an infant and the injuries caused by such shaking. An infant's head is large and heavy, while the neck is very weak. When an infant is shaken, the brain is tossed around inside the skull and the tiny blood vessels that connect the brain to the skull can tear.

Many infants are hospitalized each year as a result of Shaken Baby Syndrome—and as many as one fourth of them die.

Often, there is no visible outward sign of damage, but there is damage inside. Shaking an infant may result in:

- Swelling of the brain
- Hemorrhage (bleeding) in the brain
- Mental retardation
- Blindness
- Hearing loss
- Speech difficulties
- Paralysis
- Seizures
- Death

Shaking usually happens because the person caring for an infant becomes frustrated when they are unable to stop the infant's crying. More men than women are guilty of shaking infants. More boy infants are shaken than girl infants. Twins have a higher chance of being shaken than a child without a twin. The important thing to remember is that you must stay calm and never, never shake a

baby. If you cannot quiet the infant, try one of the suggestions below.

- Take several deep breaths and count slowly to ten. Take several more deep breaths.
- Say the alphabet out loud.
- Read a poem that gives you inspiration.
- Put the infant in a safe place, then leave the room for a few minutes.
- Create a new, distracting noise to get the infant's attention (such as a blender or vacuum cleaner).
- Close your eyes and think of something pleasant, like your favorite place.
- Ask someone else to help. If you are alone with an infant whose crying has lasted a long time, call someone to come and help.
- Try hugging and cuddling. Sometimes very young infants can be comforted by carrying them around in a Snuggli.
- Gentle motion may help. A baby swing that offers proper head support, an infant seat held safely on top of a clothes dryer while the dryer is running, or taking a ride in a car sometimes helps soothe the infant.

In using any of these methods, remember to use caution, attend the infant at all times and be gentle.

