



## TABLE OF CONTENTS

Introduction .....	2
Terminology.....	2
Operating Instructions	
When Baby Cries .....	2
Other Baby Care .....	4
Car Seat Safety .....	5
Sudden Infant Death Syndrome .....	7
Shaken Baby Syndrome.....	9



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# STUDENT HANDBOOK (Generation 4)

## Introduction

Congratulations! You will soon experience many of the same responsibilities as the parent of a new baby. Of course, Baby does not act like a real baby in every way. Baby does not smile, laugh, throw up, or wet its diaper.

Baby's cry is a recording of a real baby, and you won't know when, or how long it will need your attention. Like a real baby, it may sometimes need you at inconvenient times, including when you are sleeping. As with an infant, Baby's head needs proper support; carry and hold it correctly. Keep Baby with you at all times and if you go out, you may need to take baby equipment and supplies, such as a stroller, diaper bag, and car seat. The infant simulator is often mistaken for a real baby. Dress Baby warmly in cold weather; never leave it unattended.

## Terminology

**Baby Think It Over® infant simulator, Baby, or infant simulator -**  
refer to the computerized infant you will care for.

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

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

## Operating Instructions

### When Baby Cries

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

A real infant's cry can signal many different needs. Baby will cry for only four reasons:

1. Baby is in the wrong position.
2. Baby needs care, provided by the care key.
3. Baby has the care key inserted, but wants to be left alone.
4. Baby has been handled too roughly.

#### 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

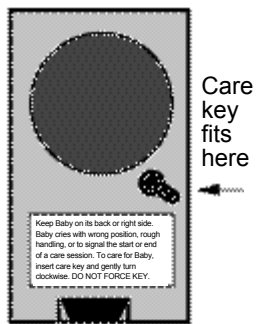
Baby will cry for care. This may happen many times a day, but the times will be random, not evenly spaced. Real babies need to be fed, burped, soothed, etc. You will simulate all these actions by using a care key. Your instructor will fasten the care key to your wrist with a wristband, similar to one 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.

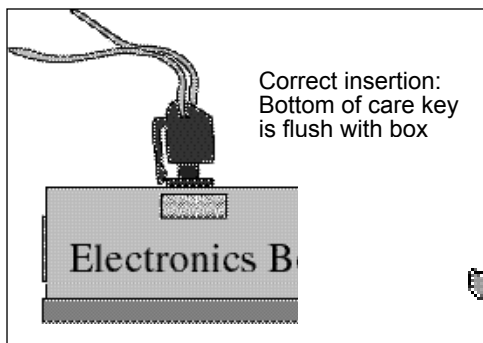
When crying begins, check to see if you are holding Baby correctly. If you are, or if changing the position doesn't stop the crying, then it probably needs the care key. Insert the care key into the hole in the electronics box as shown in the drawings, and gently turn the care key clockwise.

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 babies are not always hun-

gry when they cry, and can lead to weight problems because why you put the care key not in its mouth. Remember care key is not always feeding.



During the care session, continue to hold the care key in place as well as position Baby correctly, or it will start to cry. Cradle Baby in your left arm.

you are 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 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 cries to tell you that it is finished. Remove the care key. Until the next care session the care key can not be inserted or Baby will cry.

### 4. Handled Too Roughly

Babies are fragile. They must be handled gently. An accident, shaking or hitting, can hurt or even kill a baby. Baby must also be handled gently. Unlike a real baby, it can tell your instructor that it was handled roughly, whether it was your fault or

### 3. Wants To Be Left Alone

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### 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.

## Other Baby Care

### Bathing & Changing

Real babies need their diapers changed and infants 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 its back.

### Skin Care

Real babies 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 a real infant needs. 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 bed, stroller, or carrier, use them consistently.

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.

## 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.

## Some Final Thoughts

If, after your parenting simulation, you received 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.





# Car Seat Safety

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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 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.

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.

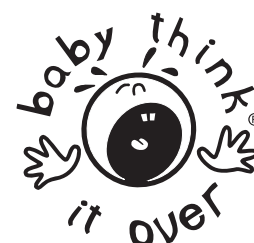
Children of all ages, including infants, should NEVER be placed in the front seat with a passenger-side air bag. Whenever possible, children of all ages should ride in the back seat.

Do not carry 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.

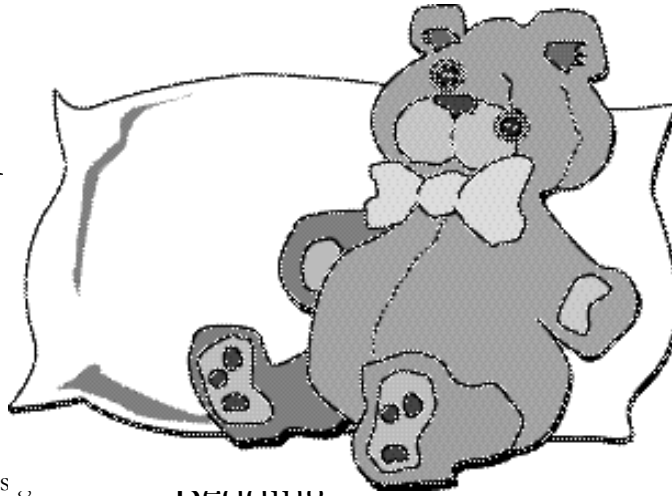
The Air Bag Safety  
Campaign wants you to  
remember:

**AIR BAG SAFETY:  
BUCKLE EVERYONE!  
CHILDREN IN BACK!**





# Sudden Infant Death Syndrome SIDS



Baby Think It Over 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 babies should be put to sleep on their backs. Although real babies can be put on their tummies when they are awake, Baby Think It Over can not.

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

No one can predict which babies are most at risk for SIDS and no one is to blame for a SIDS death, but studies have shown that parents can greatly reduce the risk 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.

## Deciding

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 babies have smothered from such toys.

## Smoke-Free Zone

Provide a smoke-free zone around your 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 your infant.

## Educate Others

Be sure that anyone who might watch your infant knows about SIDS and the precautions to take. This applies to babysitters, family members, and friends. Don't leave your 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 babies 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 babies. More boy babies are shaken than girl babies. 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 an infant. 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 who's 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 snugly.
- 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.



