

## Dunstan Baby Language APPPAH Presentation

21<sup>st</sup> June 2021

### Q&A Clarifications

Firstly, thank you all for attending the workshop, and I love your feedback and questions. It took me far beyond my initial intention of sharing DBL need-based cries and allowed me to grow in ways I never expected.

Let me try to answer them as you posted them during the podcast.

1. Where can we access the video to show parents in a class?

*The clips are available in the certification course from DBL to be an educator. They are also available via Youtube as shown on Oprah, not quite the same as the clips I shared. The audio is available as a download app from their website: [www.dunstanbaby.com](http://www.dunstanbaby.com)*

*APPPAH Premier Members have this presentation and the clips within it available in the Monday LIVE Library.*

2. Hi Diann, I am settling my own nervous system — crying babies WANT something, and I want to respond. And I'm a great grandmother

*In all my years of teaching parents, I never noticed an abreaction – and I am a hypnotherapist so trained to observe them. But being APPPAH trained professionals as you are, I am not surprised you were aware of responses. So glad you brought this to my attention.*

*I am adding to my presentation and my parent's class to bring awareness that they might react to the sounds of a baby's crying. My suggestion for professionals is to acknowledge the reaction, note it for future reference, and use calm breathing. We could explore the response in the course if the person is willing. Again, in the parent's course, let them know they might feel a reaction, and if I notice it, I will pause the class for breathe work.*

3. When working with adults, either using any of the Pre and Perinatal modalities or using other work, when adults age regress, would they be producing the same sound during therapy - if you know. Thank you!

*Textbooks say that when conducting age regression, the person might respond in an age-appropriate voice or cry. Logic tells me that you might hear one of the DBL cries if the trauma they are reliving is: Neh = breastfeeding related, Eh = discomfort from wind, or perhaps reflux, etc. I could find no research associated with DBL cries and age regression therapy.*

4. In with way, is crying related to the stress of parents, and if so, is this also a specific crying sound? DBL has no information on the parent's stress and a change in the baby's crying. Their focus is on reducing the amount of crying a baby has by responding to their needs in a timely manner. The less the baby cries, the less stress the parents have. Some babies rarely cry when the body cues

*are tuned into—for instance, hunger. Usually, babies are fisting at their mouth, searching for the breast long before saying Neh. If parents respond at that point, there is no crying involved. Parents become empowered in their ability to meet the baby's needs, reducing their stress levels.*

5. Would it hurt anything to put the basic sounds out there with an explanation for people reading to know what to look for? I would like to just post the five sounds with an explanation on my FaceBook

*I believe I noticed this has already been done. I think it's fine as long as you provide a link to DBL's website.*

6. There is only one study on burping, and it said it could cause more reflux issues. I know other cultures that don't burp babies. What do we know about this?

*I think the clue here is if a baby is saying 'Eh,' they indicate a need to burp, and then assist the baby to burp. I looked at the studies supporting not burping babies and found them lacking in considering all aspects of parenting a baby. They focused simply on burping vs. not burping. The Dunstan studies clearly show a reduced amount of spit up and colic when babies are burped more often.*

7. I try to explain that needs cries are not the only communication babies have. How do you discuss this with families?

*In my parent's classes, I point out all the different communication signs relating to physical needs. Crying is always a late sign of the need.*

8. In IBT (IntegrativeBabyTherapie, Matthew Appleton), they state that there is next to need crying also discomfort crying when parents are stressed and the memory crying when the baby is in contact with pre- and/or perinatal trauma and shock, accompanied with baby body language

*DBL does not focus on memory or stress crying. DBL is a method for parents to focus on their baby's behavior and its relation to physical needs.*