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**A NEW :COLIC...THE FOURTH TRIMESTER... AND CALMING REFLEX
FRAMEWORK FOR UNDERSTANDING AND RESOLVING INFANT
CRYING IN THE FIRST 3 MONTHS OF LIFE**

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One in six newborns is brought to the doctor for the evaluation of persistent crying. Physicians have traditionally had little more to offer these parents than reassurance, yet anthropological research has revealed numerous cultures around the world where persistent infant crying is unknown. In a radical paradigm shift, the author demonstrates that our culture's conceptualization of the first three months of life is incorrect. In many ways, newborns are not ready for the world at birth, they still need a protected environment...a "4th trimester". Extensive scientific information will be presented suggesting that this missing 4th trimester (and not gas, etc) is the dominant cause of colic. Additionally, a newly discovered neonatal reflex (the "calming reflex") will be discussed. This reflex is a virtual "off-switch" for a young baby's crying. Five simple ways of activating the calming reflex will be described in detail. The techniques presented empower new parents .They also enable doctors to diagnose these infants without the need for expensive and intrusive procedures. Finally, they help prevent incorrectly labeling babies as ill, the undermining of a mother's confidence in her breast milk, and the exhaustion and desperation that may predispose new parents to postpartum depression and even child abuse.