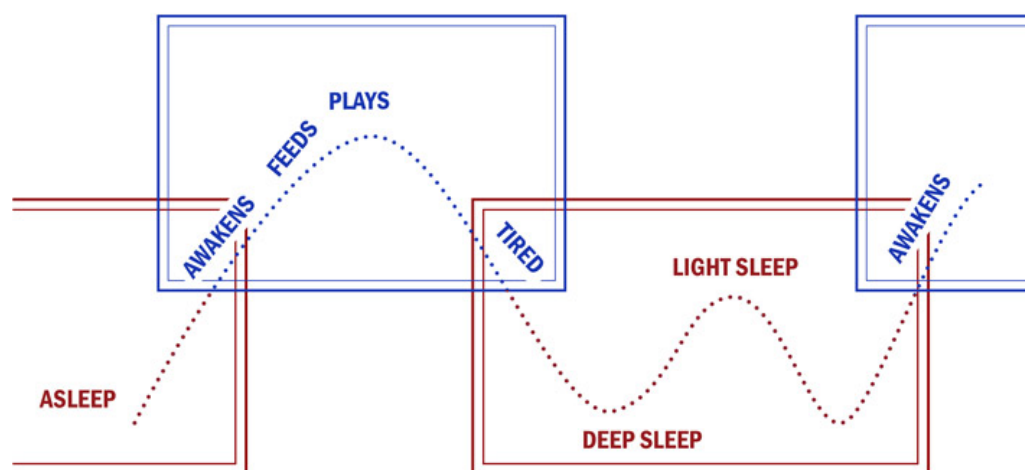


CHAPTER 8 Parenting with the Two Windows Approach

The Two Windows Approach is a simple way to help you to know how to meet your baby's needs. This allows you to find your way into fatherhood with more clarity and purpose, giving you a better chance to develop confidence as a new dad.

The two most common problems reported by new parents are sleep and feeding problems – two things that prior to the birth, most men would very rightly expect to be natural and simple parts of parenting – but not so! Some parents get so stressed and exhausted that they find themselves totally defeated by these problems. The two windows approach helps with both of these issues.

THE 2 WINDOWS



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Your baby moves between two windows: the activity window and the sleep window. The activity window is when your baby is in a quiet-alert or an active-alert state and is ready to play or connect with you. The sleep window is, you guessed it, when baby sleeps. Your baby will signal to you what they need in these two windows by giving cues that you can learn to recognise. Your ability to read these signals will help baby move more smoothly between these windows.

Infant expert Dr Kevin Nugent has a great approach to infant crying:

“Your response to your baby’s distress is profoundly consoling, making her feel that her new environment is safe because her cries for help are unfailingly answered. This is one of the primary ways your baby develops a sense of trust in you and her new world.”³⁴

If we misread a tired sign as grumpiness and try to cheer them up, we may unintentionally overstimulate them.