

Apply, Connect, Discuss
Chapter 4
Becoming Coordinated with the Social World
Feeding & Sleeping
15 points
Due at the beginning of class on Tuesday, March 2

Directions: Using your textbook and other resources, respond to the following questions. Your responses should be typed and answered in complete sentences.

1. **Sleeping:** The box on co-sleeping in chapter 4 presents cultural differences on sleep patterns. What influences the sleeping arrangements of infants? Explain co-sleeping by discussing what it is, which cultures practice co-sleeping and why it is practiced, and providing the pros and cons of co-sleeping. Using your textbook and other resources, describe the sleeping practices of infants/caregivers in the United States. You may also find “advice” for new parents on how to get their babies to sleep. **The following web sites may be helpful:**
 - a. www.nd.edu/~jmckenn1/lab/; Sleep researcher who has studied sleep patterns of co-sleeping mothers & babies & how those patterns differ from non-co-sleeping mothers and babies.
 - b. www.aap.org: American Academy of Pediatrics; search for information pertaining to sleeping

2. **Feeding:** In societies for which there is a choice, the decision of whether to breast-feed or bottlefeed newborns is influenced by cultural norms and expectations. Search the following sites and provide information about cultural practices related to breastfeeding (what is considered “normal” in the U.S.? what about other countries like England, China???), benefits of breastfeeding, reasons given for not breastfeeding, and any other interesting information you glean from researching, etc. Search for the history of breastfeeding as the advice has differed across time.
 - a. **World Alliance for Breastfeeding Action (WABA)** www.waba.org.my. Read about their “For Haiti Orphans Wet Nursing Can Save Lives”.
 - b. www.aap.org: **American Academy of Pediatrics**; search for information pertaining to breastfeeding
 - c. **La Leche League International:** <http://www.llli.org/>. Excellent resource on breastfeeding. Their mission is “to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.”