

Soothing my Baby



When I had my first child, Andrew, I was scared. I did not know what to expect. I did not feel confident I could do everything right.

The first four weeks were stressful. Andrew cried often, waking up every two hours throughout the night. I was exhausted. I felt like a failure.

I thought about giving him cereal to get him to sleep. I knew that was not recommended, and I did not want to harm my baby. Finally, I asked a friend at church how she got her child to be so happy. She shared with me the secrets of the Five S's... and that changed my life.

The Five S's are survival tools for stressed-out moms. When you follow them, the baby magically calms down and goes to sleep. I tried them the first time on Andrew and he was sleeping in five minutes! He slept four hours that night - the longest he had slept since birth. I could not believe it!

I'm now the proud mother of three children and have used the Five S's on all of them with great success. They are now all great sleepers, sleeping 10-11 hours a night. I know the Five S's allowed this to happen.

I recommend that all mothers learn the Five S's so they can feel like great moms. It worked for me.

Jannason Long

“ I am a
BELIEVER! ”

Before my first baby was born, I was given a video on the Five S's at my birthing class. According to the video, Dr. Karp had found a way to help babies relax and fall asleep with little effort or skill. I had never heard of the Five S's and thought it sounded too good to be true. Would following those simple guidelines really allow my baby to be calm and happy? My husband Eddie and I made fun of the idea that doing five simple things would really make a difference.



As a first time mom, I soon found out how frustrating it can be to have a fussy baby. I felt upset and helpless when my baby cried. Then I remembered Dr. Karp's Five S's and decided to give them a try.

Saying “shhhh” in my baby's ear worked like magic. I held him tight and put my mouth close to his ear. I was amazed to feel him instantly relax in my arms. He simply went silent. His eyes didn't close at first, but it was not long before he fell asleep. The techniques we had laughed at just months earlier became our survival tools.

Our son is now ten months old. I still practice the “shhhh” method when he is fussy and needs to relax. I don't “shhhh” close to his ear or do it loudly, but it still works to relax him quickly. Sometimes I bounce on an exercise ball while “shhhhing”—and that combination seems to be especially effective.

No mom wants to hear her baby cry. Dr. Karp's Five S's made me feel like a success. I am a believer!

Adrienne Jacobs

“ The 5-S's helped me feel confident & successful! ”

Motherhood is an exciting and scary journey. It's exciting to hold a baby and know that you gave her life. It's scary to hold a crying baby and have no idea how to calm or quiet her.

I felt uncertain how to be a mom before my daughter Jayli was born two years ago. I was like a sponge - always listening to practical tips that would help me feel confident and successful. A friend told me about the Five S's just before Jayli's birth. She said that the Five S's were an easy way to calm and quiet your baby.

I was skeptical about the Five S's at first. I watched a Five S's video and was impressed when babies calmed immediately. The doctor on the video made it seem so easy - I wondered if it would work for me.

Baby Jayli was born, and we didn't have a clue what we were doing. And then I tried the Five S's. It was as easy and magical as it looked on the video. I was shocked! Both my husband and I quickly became experts at the five steps to a calm baby, but my husband was the expert on the Shhhh sound.

I'm expecting my second baby in a few months. It's just as exciting as my first pregnancy, but not as scary. I know now how to calm my baby using the Five S's - it's wonderful to feel confident and secure!

Jennifer Hawkins



“ Offering cereal too
early does not work...
but the 5-S's do! ”

I heard about the Five S's a few years ago at a medical conference. I was amazed. I thought this was the coolest thing I had ever heard. All moms need practical skills in how to calm their babies, and they provided the help in a simple and practical way. I could not wait to buy the book and video to learn more.



Since that time, I have shared with many mothers the secret of a happy and calm baby. I tell them how to swaddle their baby like we do in the hospital nursery. I show them how to sway and Shhhh so the baby can relax. It is exciting for me to be able to offer suggestions that actually work!

When I had my children, I went by the book on everything. Like most moms, I was tempted to follow the advice of other moms and offer cereal as a way to calm my baby. I am so glad I didn't do that. I feel proud that I "did right" by my baby at that time. Now I know that offering cereal too early does not work.

I love to tell family members and friends about the Five S's. I hear later from moms that my advice was a life saver. You can only listen so long to a crying baby without going crazy! Moms feel so proud when can "magically" calm their babies!

I feel sad for mothers who do not know about the Five S's or choose not to try them. That is the gift the Five S's offer to new moms: A chance to cherish the amazing peace that comes from seeing your newborn baby calm and happy.

Pat Vavricka

