

Singing and Swaddling: Soothing Behaviors of Mothers and Fathers with their Young Infants

Carolyn Dayton, Tova Neugut, Wonjung Oh, Brenda Volling
University of Michigan

- ❖ RM ANOVA (time by parent) significant interactions for:
 - ❖ Cuddling, Carrying, Feeding, Swaddling and Baby Sling
- ❖ Approximately 34% of couples share soothing equally
- ❖ Fathers who share equally feel **more efficacious** in their parenting and report **fewer problems in attachment**

Soothing Technique Use Percentage by Time and Parent

	1 month		4 months		8 months	
	Mother	Father	Mother	Father	Mother	Father
Cuddling	100.0	99.1	100.0	97.7	99.5	96.6
Carrying	99.6	100.0	100.0	99.5	98.6	99.0
Feeding	86.7	38.2	78.8	32.7	80.8	50.0
Rocking	85.3	74.2	77.9	66.8	68.3	53.4
Pacifier	78.2	77.8	94.5	54.8	42.8	42.3
Singing	76.9	60.0	83.4	64.5	81.7	61.1
Swaddling	72.4	62.2	24.9	21.2	8.7	8.2
Own Bed	71.1	46.7	55.8	36.4	53.4	38.5
Baby Sling	64.4	30.2	53.0	23.0	28.8	12.0
Music	58.7	45.8	65.4	52.5	62.0	46.2



- Sample from the "Family Transitions Study" (PI: Dr. Brenda Volling); examines the "transition to siblinghood" in families after the birth of a second child.
- Sample size at 1, 4, and 8 months: 225, 217, 211