



HUGs Around the World

International Music Video Lullabies DVD



Calm Babies . . . Promote Breastfeeding . . . Empower Parents

Created by Jan Tedder, IBCLC, and Jim Henderson, PhD

Since ancient times lullabies have calmed and comforted babies all around the world. Because songs and images enhance *emotional learning*, these lullabies, and the music videos that accompany them, capture international musical styles, facilitate parent skills, and boost parent confidence.



Korean-Inspired Lullaby gives fathers skills to calm a fussy baby . . . A crying baby is a risk factor for postpartum depression, for child abuse and neglect, and for mothers to add formula or abandon breastfeeding. When fathers have skills to calm a baby, mothers feel more supported, while fathers are more attached to, and engaged with, their newborn.



Japanese-Inspired Lullaby celebrates a newborn's capabilities . . . Fathers who are helped to appreciate their baby's capabilities, and to engage with their newborn during the first few hours after birth, spend more time with their child in the months ahead. This lullaby celebrates the power of a natural birth and the important impact of a midwife's sharing a baby's abilities with a new father.



English-Inspired Lullaby shares the BFHI "Ten Steps to Breastfeeding Success" . . . The research is abundantly clear: Breastfeeding is best for the baby, best for the mother, and best for the community. Tucked away in musical phrases and engaging images, the WHO/UNICEF's (BFHI) "Baby-Friendly Hospital Initiative's" Ten Steps come to life in this lullaby—both for parents and for the professionals who serve them.



Hawaiian-Inspired Lullaby explores infant sleep and parent actions that settle a baby . . . When a family learns to recognize Still/Deep and Active/Light sleep, both family and baby get a better night's sleep. This lullaby expresses the power of a father's love and celebrates a mother's precious breast milk as the song soothes a baby to sleep.



Australian-Inspired Lullaby celebrates the magic of Mother Nature . . . Those who study the birthing process teach us that women who trust their bodies' ability to give birth have more effective labors and less medical interventions. This lullaby, set in the Australian outback, introduces us to a young mother who uses the stories of animals to remind her son that Mother Nature can be trusted.



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