

BABYCUES ACADEMY

PHILIPPA MURPHY



NATURAL, PREVENTATIVE AND REMEDIAL INTERVENTIONS

for

COLIC, REFLUX, SILENT REFLUX, WITCHING HOUR AND CMPA

WELCOME

get to know us

BabyCues Academy connects, recognises, and holistically establishes postnatal practice that embraces life-logical methodology and researched science.

We are firm believers that research about a newborn's and infant's digestive biology and communication hold's a multitude of answers that now need to be infused and updated within best practice to eliminate the symptoms of colic, reflux, silent reflux, lactose and dairy overload, and the witching hour - or what the BabyCues Academy founder calls Digestive Overload, the cause of these symptoms.

Priding ourselves on being able to offer a transformative approach to the silent pandemic of Digestive Overload, we work hard to inform and empower midwives, health visitors, maternity nurses, lactation consultants, doctors, pediatricians, osteopaths, chiropractors and maternal health organistions, whom want to uplift the mental and physical health of families, whilst enhancing newborn and infant long-term development and wellbeing.

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our philosophy

The BabyCues Academy philosophy is firmly based on nurturing alongside the child's mental and physical biology, with a keen teaching focus on how to respectfully protect a child's digestive development in the first two years of life, and create present and future long-term health outcomes. Thus answering the call of the World Health Organisation to combat the pandemic of obesity within childhood, whilst providing professionals the much needed information they require to heal colic, reflux, silent reflux, lactose and dairy overload, the witching hour and some cases of CMPA naturally.

our hope

Based on factual science, and clinical practice that has successfully integrated these philosophy's with parents and other health providers, we aspire to build a global, educated collective that will deliver and continue our founders goal and success. To naturally extinguish the unnecessary newborn pain that is currently labelled colic, reflux, silent reflux, lactose and dairy overload and the witching hour, whilst establishing improved approaches to the treatment of intolerances. We also have a strong vision and commitment to enhance preventative education so the critical health outcomes from these symptoms can be avoided.

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we believe

knowledge is liberating understanding nurtures relationships informed choice creates confidence

and

diverse collaborative support

are essential in creating stable environments

through the sharing of

responsive

respectful

intimate

care





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Hello - it's lovely to have you here

Welcome to BabyCues Academy, which is birthed from my wish to share proven, quintessential postnatal knowledge that asks us to revisit, and modify our understanding and current perceptions around newborn and infant communication, digestive development, and the way in which we can deliver exceptional, inclusive maternal family health.

Thirty odd years ago my postnatal career gifted me an insight. An original discovery involving the intrinsic relationship between our early neural pathways, our digestive development, and the integral role that this relationship plays within human communication (our cues) from birth.

This discovery literally splintered a lot of what I had learnt in my early training, and forced me to really question, observe and transform my care practices to accommodate the communication that was being relayed to me by the child in my arms. On doing this, as a Maternity Nurse in the UK and Europe, moving from family to family, child to child, I identified an advanced, holistic way of caring and attending to newborns, that truly generates a responsive level of intimacy and understanding like no other.

Led by the results of calming and responsive care that I had found, and a consuming desire and need to find the causes of the discomfort that many newborns were suffering with (namely colic, reflux, silent reflux and the witching hour), I was driven to researching our early digestive development, in the hope of finding more answers to heal these aforementioned symptoms.

Thankfully, on integrating the findings of many other wonderful researchers with my clinical discoveries, I have been able to establish a clear, logical, pathway to heal this newborn pain naturally. Now thousands of parents and newborns around the world are benefiting from this discovery through my self-help books, and online masterclasses. The BabyCues Academy is the next step in that sharing and commitment to build a network of professionals that can guide and facilitate these natural practices. We look forward to having you as part of that collective.





BabyCues Bio-logical Practice



Bio-logical Practice

With a very keen focus on preventative intervention, the BabyCues Academy Curriculum is based on a holistic, nature based practice called BabyCues Bio-logical Practice.

BabyCues Bio-logical Practice empowers parent's intuition through a fuller understanding of their intimate baby's communication, and how their digestive system functions, so they can learn how to naturally nurture their child alongside nature's biology. It's also based on established, factual science, and over three decades of clinical observations and consultation by our founder, Philippa Murphy — a leading practitioner in this field with her innovative thinking and discoveries on newborn, infant and parent health.

With an overarching focus on providing preventative intervention and remedial solutions for the symptoms that are currently known as colic, reflux, silent reflux, the witching hour, lactose and dairy overload and CMPA, the BabyCues Bio-logical Practice has two specific age groups of care.

The first is Bio-logical Care, which encompasses the prenatal to six month age bracket, followed by Bio-logical Solids Weaning, which covers the six month to two year developmental stage.



responsive: respectful: life-logical care

Bio-logical Care - prenatal to six months

Bio-logical Care takes what is widely known as responsive care, or demand care to a new level by embracing the proven, scientific knowledge about a child's digestive development from newborn to six months, and our founders discovery of a universal baby language, coined by Philippa as the Six-Wind-Cues, to offer parents and health professionals another way to nurture our young whilst eliminating Digestive Overload, the witching hour and CMPA naturally.

When we understand, recognise and respond to a newborn's cues fully, while also learning how to nurture alongside their basic, natural digestive function, we foster a new and invaluable degree of demand care that truly is baby led, while birthing an intimate relationship like no other.

It is up to us, as our children's guardians, to change our way of nurturing. To evolve best care practices so that Digestive Overload, the real cause of colic, reflux, silent

Bio-logical Care is natural, adaptable, and has been proven to show results time and time again for thousands of families around the wide. No need for medication. No need for the mental and physical debris that an unsettled baby can feel and create in a family. But a great need to change what we teach as health professionals to support parents in harnessing the best possible outcome for their family's maternal health.



reflux, lactose and dairy overload, and the witching hour, no longer exists for our young. Here at the BabyCues Academy, we invite you to be one of our leading Accredited Providers, or Certified Practitioners that will see us obtain a goal that millions of newborns are screaming out for – to globally eliminate Digestive Overload.

Bio-logical Solids Weaning - 6 to 24 months

Bio-logical Weaning (life-logical weaning) is a holistic, progressive, back-to-basic health approach that guides parents and health professionals on how to gradually wean onto solids from six months to two years, based on their digestive capabilities, capacities and nutrient requirements, while also considering allergenic foods and intolerances.

Described as a timely revelation for our infants, the core philosophy of Bio-logical Weaning is Plain + Slow = Gain + Grow, which offers a clear, coherent, and respectful way of introducing solids that is in line with World Health Organisations Guidelines. It's also in line with your infant's needs because it's based on their digestive biology. Not an adults.

By offering food, quantities and textures in a plain and slow way we can highly aid developmental sleep, and regular stools because the child's digestive system is respectfully introduced to foods, nutrients, textures and quantities that are conducive to their natural evolution of enzyme and pancreatic function and physical health.

Bio-logical Solids Weaning is a unique, researched based method that is a total game changer for infant health. Especially for those that have been diagnosed with colic or reflux earlier in their life, or those that have intolerances, or weight issues.



To qualify for our coaching you will ideally hold a healthcare, or childcare qualification. A recognised certification that shows you have an understanding of how the 'patient' and professional relationship is nurtured, clinical notes are recorded and clear health pathways are communicated, will greatly aid you within our course content.

To become a BabyCues Accredited Coach you will need to complete your chosen coaching subjects with a pass rate of 75%, and to remain accredited in that subject, complete two online multiple choice case studies, that we will notify you about, every year. There is a small retainer fee of US\$190.00 each year to remain accredited.

On completing all of our Four Primary Coaching's, with a 75% pass rate, thus qualifying you as a BabyCues Certified Practitioner, you must attend two of our three online Q & A's with our founder every year to remain certified, further your learning and keep up-to-date with related research and practice advancements. There is a small retainer fee of US\$250.00 each year.

It is ideal to separately purchase a copy of our founders two BabyCues books displayed in this guide, to aid your study and use as a resource when consulting with families.

All our coaching's are online, so you will need to create an account with our third party provider. We will guide you to set up an account with them so we can track your accreditation of each coaching.



Be the answer they need...

You become a BabyCues Accredited Coach by completing an individual subject. When you complete all of BabyCues Academy's Four Primary Coachings listed to the right, you then become a BabyCues Certified Practitioner.



01

Bio-logical Cues and Calming

02

Bio-logical Burping & Gas

03

Colic, Reflux, CMPA

04

Bio-logical Solids Weaning

What you will achieve...

At the end of each coaching you have chosen to complete, and in relation to the coaching subject, you will be able to...

- O1 Confidently explain the causes of Digestive Overload.
- O2 Distinguish symptoms that may be Digestive Overload.
- O3 Assess the distinctive, underlying causes of Digestive Overload for each newborn and infant.
- O4 Provide recommendations that resolve the underlying causes.
- Uplift the mental health of the whole family.
- Make, or suggest appropriate referrals when required.
- O7 Deliver supportive ongoing care through each healing transition.
- Make an astounding difference too so many newborns, infants and parents that are in need.

Get qualified in a holistic approach of care that is delivering leading, indepth knowledge, and is consistently proving that we can naturally heal colic, reflux, silent reflux, the witching hour, lactose and dairy overload and in some cases CMPA, worldwide.

What you receive...

- O1 An accredited coaching certificate of completion for each coaching subject
- A listing on our up-and-coming "BabyCues Academy Provider Register" for the accreditation you hold, making you a known, international provider of this much needed education.
- O3 Two online case studies a year to keep you updated within your practice.
- O4 Access to BabyCues Circle Communities where students from around the world connect to enable and continue this necessary transformation for our children.
- Discounts on any online conferences, and be among the first to have access.
- Of A science based approach that offers a balance of nurturing within nature's biology, whilst knowing when a child might require referrals.
- O7 Great satisfaction from being able to offer advice that works.

 An intimate appreciation of what the parent and child is experiencing.

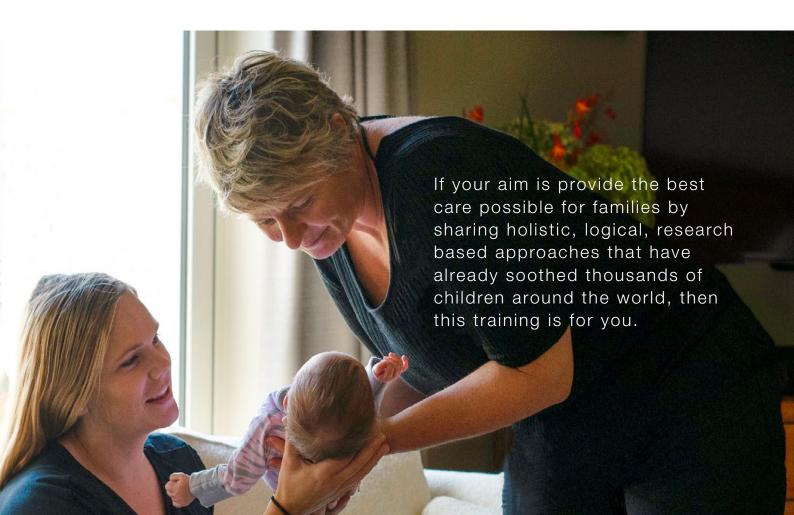
Millions of babies around the world are struggling with Digestive Overload, and we know you are desperate to help them. So join us in this maternal evolution, because this recognised, established education really does offer real solutions for the families you care for.



What is a BabyCues Certified Practitioner...

A BabyCues Certified Practitioner is a supportive adviser, whom on completing all Four Primary Coachings with a pass rate of seventy-five percent, will be able to educate parents about their child's early digestive unfolding, while providing natural solutions that have proven to respectfully, and naturally, stop the silent pandemic that is Digestive Overload - a term our founder, Philippa Murphy, created to describe her profound discovery of the real causes of colic, reflux, silent reflux, the witching hour, lactose and dairy overload, and in some cases CMPA.

Through the revolutionary, transformative knowledge of BabyCues Bio-logical Practice, you will also be able to enhance responsive care by teaching parents how to fully understand their baby cues, alongside their natural digestive and oral development. All of which improves the holistic mental and physical health of the entire family.



Become a BabyCues Certified Practitioner when you complete all of our Four Primary Coachings

Along with receiving all the wonderful additions to your career that being a BabyCues Accredited Coach brings, as a BabyCues Certified Practioner, you will also receive...

- A BabyCues Certified Practitioner certificate, qualifying you as a leading provider of the BabyCues Bio-logical Practice.
- O2 Your listing on our up-and-coming "BabyCues Academy Provider Register" will be upgraded from an accredited coach to a Certified Practitioner.
- O3 The fantastic, opportunity to attend BabyCues Certified Practitioner Q & A's with Philippa, our founder, online twice a year to talk through case studies, and further your learning.
- O4 Continued access to BabyCues Circle Communities where students from around the world connect to enable and continue this necessary transformation for our children.

Advise, support, and care for the maternal health of the family by sharing essential methods and care practices that uplift the intimate bond between mother, parent, child.



Enable incredible transformations..

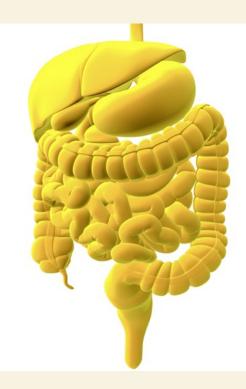


Pathway One

The "cue-led communication and response" pathway has you teaching parents how to confidently read their child's cues, and offer responsive calming techniques to sooth, and aid the child's overall development and need for bonding. Whilst also supplying the tools and understanding required to comfort their child through the symptoms of Digestive Overload, and start to heal one of the causes – trapped air.

Pathway Two

The "digestive understanding and balance" pathway offers a simple, logical, researched understanding about how a newborns digestive system functions, what symptoms mean, and how to achieve and maintain digestive balance for our newborns and infants. Thus naturally eliminating the symptoms of Digestive Overload.



BabyCues Academy's four primary coachings

based on our two pathways





Bio-logical Cues and Calming

Reading and Responding

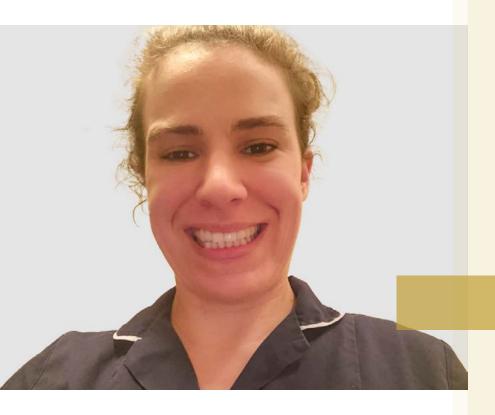
The remarkable relationship of providing baby-led care that is knowingly responsive to the baby's cues in each moment, with a biological and emotional led focus for both baby and parent, encompass the core teachings of the Bio-logical Cues that the Academy shares.

This intimate understanding, with original clinical findings from our founder, delivers the confidence parent's yearn to feel, when it comes to knowing what their baby is saying and needing. It also alleviates many of the symptoms of colic, reflux, silent reflux, the witching hour, and CMPA. This coaching is available in August 2022.



Bio-logical Calming uses a newborns instinctive reflexes, hearing, touch, sight, and their emotional feeling body to amplify calm. This then initiates the rest and digest way of being, developing a baby's emotional and physical growth, inclusive of their communication, attachment, co-ordination, environmental awareness, positive brain development and security.

LEARN MORE



Sophie - UK Midwife

"Philippa really
is a genuis in her
teaching. This
information will not
disappoint."

"Having worked in a busy postnatal ward for over six years, I have no hesitation in saying that the BabyCues methods are a universal tool that every parent, experienced or not, can learn a lot from. This information will not disappoint! With this knowledge you will be choosing to assist parents to nurture realistically and holistically. Philippa really is a genius in her teaching."



Bio-logical Burping and Gas

Prevention and Relief

Understand the causes and effects of trapped air and gas in a newborn's body, while learning practical burping techniques that intuitively align with the cues the child shows in each moment, inclusive of how to respond knowingly to their Six-Wind-Cues.

You will also learn how to implement Philippa's famous, life-changing burping method, Nature's Wind Sequence, so you can empower parents with a natural technique that releases excess air in the stomach, thus reducing lower digestive gas pain for newborns aged 0-6 months. This coaching is available in November 2022.



BabyCues Nature's Wind Sequence - an essential breakthrough that creates digestive health for newborns aged 0-6 months. Learn to teach parents this transformative step-by-step method to release trapped air from the stomach, whether it's natural levels or aerophagia. This aids you to cultivate a deep bond based on mutual recognition of response.

LEARN MORE



Dr Nagrani - Pediatrician

"I know I will be
distributing your
reasoning and scientific
rationale widely, and
referring mothers to
you for sure."

"I am so excited to have met such an inspiring women like Philippa, whom has really thought out of the box, and has proven to significantly help gassy babies and their stressed out mommies. I really hope you find a way for this very useful information to reach more people because far too many moms are struggling with this. I know I will be distributing your reasoning and scientific rationale widely, and referring mothers to you for sure."



Naturally heal colic, reflux, CMPA

Prevention and Remedy

Learn evidence based knowledge about how a newborns digestive system functions to fully understand the REAL physiological causes of colic, reflux, silent reflux, the 'witching hour' and CMPA. Whilst receiving proven, natural solutions that are currently helping thousands around the world, so you can tailor your healing and supportive care for each family you serve.

This coaching is seriously one-of-a-kind when it comes to understanding and relieving Digestive Overload, the real cause of colic, reflux, silent reflux and some diagnosed cases of CMPA. This coaching is available March 2023.



Embrace and inspire another level of care through understanding the natural balance required for a newborn's digestive capacities and capabilities, while intimately comprehending and responding knowingly to their full array of cues, so enhancing their natural development, and healing Digestive Overload.

I FARN MORF



Dr Mangan - MBChB DCH

"I am delighted to find a medicine free way of managing the over diagnosis of reflux." "As a GP I am increasingly distressed by the excessive prescribing of medications for our precious babies and the complete lack of support, or decent advice for the unlucky parents dealing with their screaming children. I am delighted to find a medicine free way of managing the over diagnosis of "reflux" and believe that this insight will help other parents to avoid the nightmare and instead discover a nurturing way to manage their baby's problems."



Bio-logical Solids Weaning

Plain + Slow = Gain + Grow

Join other health professionals, and teach parents how to respectfully feed alongside the basic function of a newborn's digestive system and oral development, and how they can holistically create advantageous feeding, nutritional understanding and responsive relating like never before. Whilst also reducing, if not eliminating, infant colic, reflux, silent reflux, the witching hour, lactose and dairy overload and some cases of CMPA. This coaching will be available in September 2023.



When health professionals teach parents how to respectfully feed alongside the basic function of a newborn's digestive system and oral development, we holistically create advantageous feeding, nutritional understanding and responsive relating like never before.

LEARN MORE



"Bio-logical Weaning provides much needed support to our mums by taking out the guess work in an easy to follow framework, addressing challenges that may come up and, does it all with love."

"BabyCues Bio-logical Weaning is the knowledge I wish I had when I was weaning my little one. The simple, informative and well researched nutritional approach will make all mums breathe a sigh of relief. It is nutrient dense, matches what our infants need and provides optimal support through its holistic view. Our gut health is developed in the first two years of life, and this is why BabyCues approach is perfect for our infants."





Each coaching is delivered by our BabyCues Founder, Philippa Murphy, whom has over three decades of clinical practice in this field, and has made groundbreaking advancements for newborns and infants worldwide.

The BabyCues Online Platform is a portable classroom where individuals get to learn at their own pace, or groups and organisations can learn together - you choose.

You will have access to BabyCues Circle Communities where students from around the world connect to enable and continue this influential transformation for our children.

We incorporate videos, quizzes, one-on-one coaching with our founder (group bookings only) and essential resources to become a BabyCues Certified Practitioner, or simply complete the cochings you choose and be listed on the BabyCues Academy as a Accredited BabyCues Practitioner for the subject you have completed.

The knowledge taught is researched based, either obtained through leading experts in their field, or our founders clinical findings or training that have proven to successfully heal Digestive Overload naturally.

Your parent and training resource...



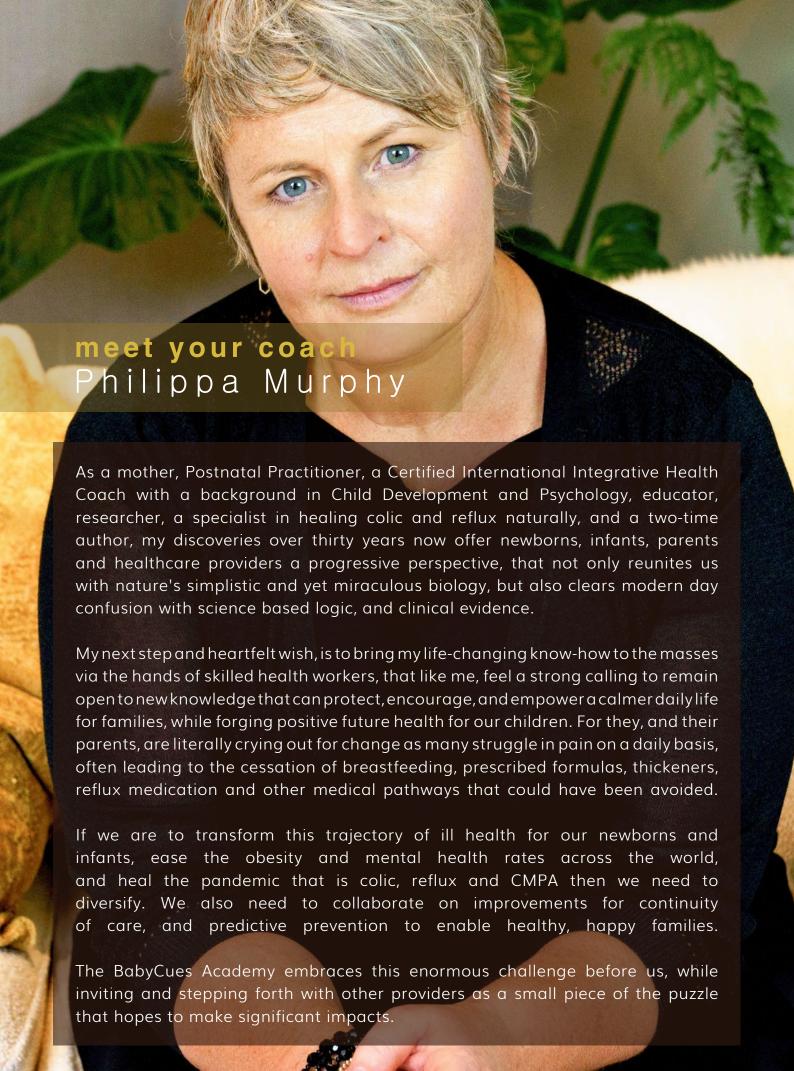
BabyCues - Prevent & Remedy

Written for all parents, BabyCues is a revolutionary self-help parenting book that delivers original, proven findings and practical know-how to help parents achieve natural digestive balance for their baby from birth to six months. This information also heals colic, reflux, lactose and dairy overload, the witching hour naturally.

Bio-logical Weaning Guide

Delivering a parent-choice of balanaced nutrition and digestive health this guide teaches parents how to nurture alongside their infants digestive development, while providing optimal nutrition from six months to two years of age with BabyCues method of "Plain + Slow = Gain + Grow".







PLAY AN INTEGRAL PART IN THE MATERNITY EVOLUTION

NEWBORNS AND INFANTS NEED YOU



This unnecessary suffering is causing significant mental and physical health issues for both parents and the child, with postnatal depression and post traumatic stress symptoms on the rise.



Medical pathways are vastly failing to remedy the causes, with many newborns being prescribed unnecessary pharmaceuticals that create serious, and sometimes irreversible health complications.



Obesity rates around the world are dramatically increasing, and the current care practices are greatly contributing to this, despite prevention being available and the first two years being a precursor to obesity.



On completing and passing each individual coaching you will be accredited to teach all you have learnt in that specific training, which is one of the four coaching's required to become certified. To become fully certified you need to complete BabyCues Four Primary Coaching's. You would then be a qualified and internationally recognised BabyCues Certified Practitioner.

Q: What is the pass rate to become accredited, and are there any prerequisites to remain accredited?

A: To become accredited in any subject the pass rate is 75%. To remain accredited in that coaching, and therefore up-to-date with progressive research, you need to complete the two online multiple choice case studies that we will notify you about every year. The pass rate for these is also 75% and this has a small retainer fee of US\$190.00 each year. When you pass all of BabyCues Four Primary Coachings, and are therefore a fully qualified BabyCues Certified Practitioner (BCP), you will cease needing to do the individual coaching prerequisites every year, and only need to uphold the required prerequisites as a BCP. If you decide not to remain accredited in any specific individual coaching, then your listing on the up-and-coming parent resource website page of "BabyCues Academy Provider Register" will be categorised as no longer accredited.

Q: How much time will I need to set aside to complete each coaching?

The coaching is split into modules and within those modules are specific subjects, making it easy for you to pick up where you left off at any time, and because you have access to the coaching for six months you can mould it into your own timing.

All coachings are available for six months from when you sign up to start, unless you are a group that has acquired a private arrangement with the BabyCues Academy, which we are more than happy to discuss. Simply get in touch and let us know what would be your ideal, because our wish is that you have the best opportunity possible to listen, learn and implement this knowledge to help others.

Q: What makes your coaching any different to what I can learn elsewhere?

A LOT! The content within the BabyCues Academy is seriously like no other available, for it holds original, proven methodology that has been discovered by our founder. This knowledge positively transforms the current beliefs around the causes of these symptoms with logical, research based explanations that completely make sense. Not only that, the logical, unique techniques taught have proven to naturally heal these awful, debilitating happenings for thousands already. Many parents describe this information as 'a godsend', so why wouldn't you want to add this knowledge to your tool box?

Q: What currency is the coaching?

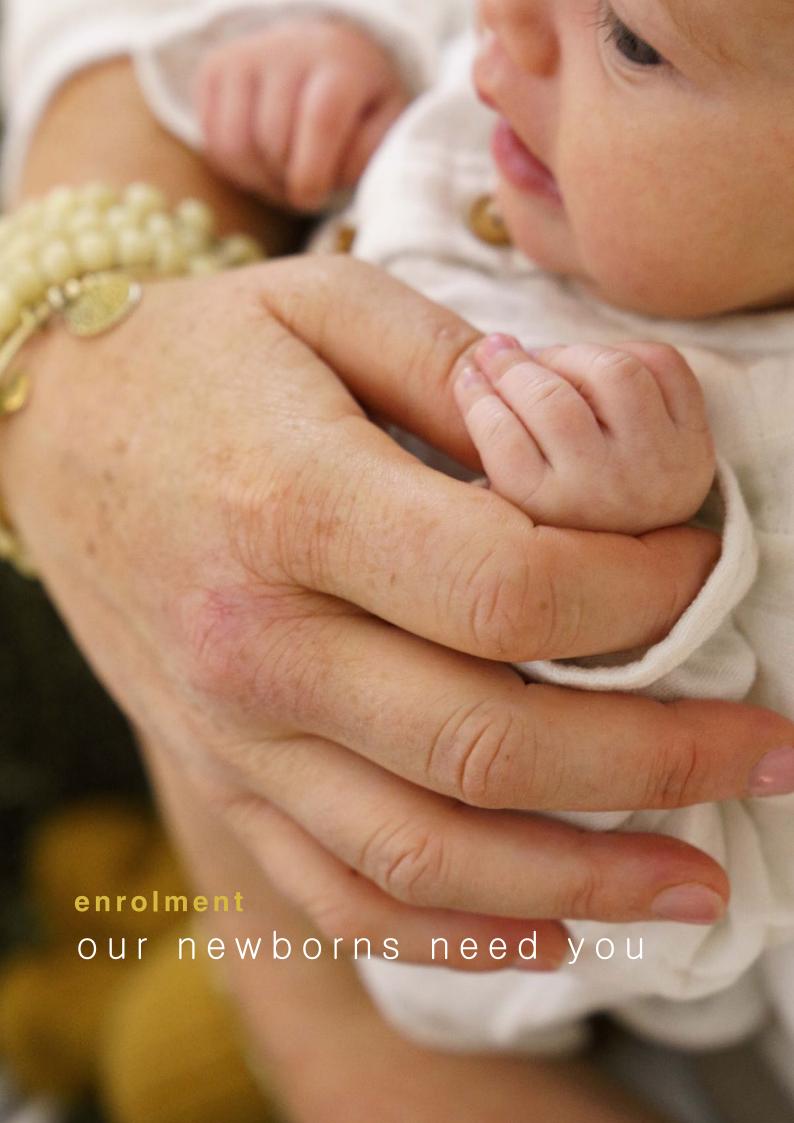
A: The ticket prices are in US dollars and are purchased through the Thinkific website, the third party that you will do the coaching through. Your bank may charge you a conversion fee in addition to the purchase price.

Q: Do I have to do the training in the order of the modules, or can I choose which I do when?

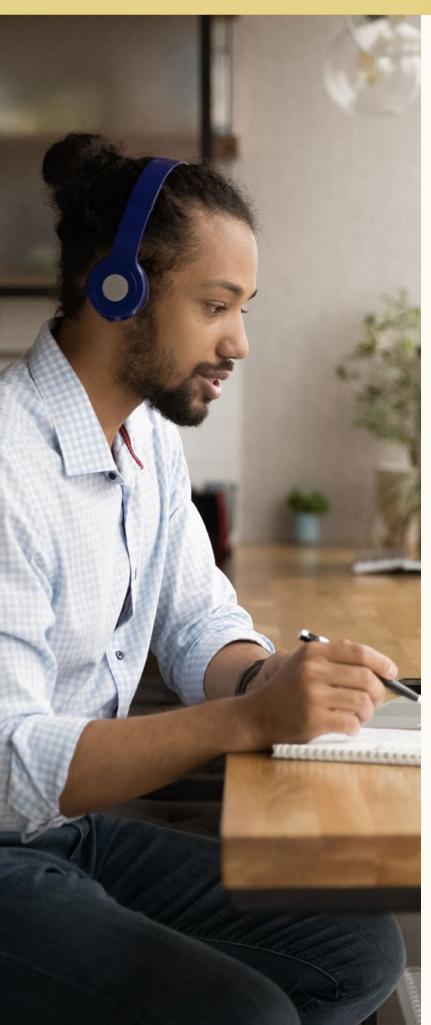
So at present we have one of our Four Primary Coaching's available for training, Bio-logical Cues and Calming, with the second one following quickly, Bio-logical Burping and Gas Coaching. The other two will be available in 2023. Within each module you will have online assignments, quizzes, case studies and video's to complete before you can move onto the next module. It's designed like this to give you as much confidence as possible on finishing, and to make sure you gain all you require to restore wellbeing for families.

Q: I'm not tech savvy. Is it going to be easy to access everything and ask questions if I have any?

Absolutely. So simple. You will receive a link to log into the coaching area where all the modules are, including an introduction of how to navigate the area for best results. If you are a group booking you will also receive the dates and links for your BabyCues Circle, one-on-one coaching with our founder Philippa. And if you have any questions then simply contact our support team at support@babycuesacademy.com.



Three simple steps to transform family lives...



01

INDIVIDUAL ENROLMENT

GROUP ENROLMENT

02

STUDY
You choose your hours
and we support you
through each step.

03

COACH

On completion of your chosen subject, you will be accredited to coach parents and you'll have finished one of BabyCues Academy Four Primary Coaching's, stepping you toward being a BabyCues Certified Practitioner.





PHILIPPA MURPHY