

# 5 Baby Myths Debunked by Science

Real research. Clear answers.  
Confident parenting starts here.



*The*  
**PARENTING  
CLASS**

Where Science meets Parenting



# Hi, I'm Vio



I've done the research for you – so you can be the confident parent you want to be during your baby's first 18 months – a time when their brain, body, and bond with you are shaped more than at any other stage of life.

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[www.the-parenting-class.com](http://www.the-parenting-class.com)





# MYTH #1

**“Breastfeeding is natural -  
so it should come naturally.”**

**What many mothers hear:**

“If it’s hard, you’re doing it wrong.”

“If your milk doesn’t come in fast enough, better give baby a bottle.” “It should never hurt, so you are doing something wrong.”

**What the science says:**

Breastfeeding is biologically natural - but it’s still a learned skill that both you and your baby have to master together.

In fact, up to 92% of mothers report challenges in the first week, including latch issues, pain, or low supply. It’s not you - it’s the process. Studies show that mothers who receive guidance - through a course or professional support - have significantly higher breastfeeding success and confidence.

**What this means for you:**

Struggling doesn’t mean you’re failing. ❤️

You deserve clear, science-backed guidance — on how to support your milk supply, how to tell if your baby is getting enough, what health benefits breastfeeding offers, and what’s truly normal in the early days.

Because when you understand the why, the how, and what to expect, everything feels more doable.



**Want more on this?**



Dive deeper in Module 3:

**“The Science Behind Feeding”** inside  
The Science of Parenting Babies Course.





# MYTH #2

**“If you rock or soothe your baby too much, you’ll spoil them.”**

**What many parents hear:**

“Don’t hold them too much - they’ll get used to it.”

“You’re creating bad habits by always rocking or soothing.”

**What the science says:**

There is zero scientific evidence that responding to your baby’s needs in the early months “spoils” them. Newborns don’t have the neurological development required to manipulate or form habits in the way adults do. In fact, studies show that high responsiveness in the first months supports healthier brain development, better emotional regulation, and more secure attachment later on. Soothing or rocking is essential co-regulation for a nervous system that’s still learning how to settle itself.

**What this means for you:**

You’re not creating bad habits - you’re building trust. Your baby isn’t trying to control you - they’re learning that they can rely on you. You are literally helping them arrive on earth, adjust to life outside the womb, and feel safe in their brand-new body and world. So rock them. Hold them. Respond. That’s not spoiling - that’s parenting with science, compassion, and confidence. ❤️



**Want more on this?**



Dive deeper in Module 5:

**“The Science Behind Soothing”** and Module 6

**“The Science Behind Attachment”** inside

The Science of Parenting Babies Course





# MYTH #3

**“Just pass them around. They’ll get used to noise and new people.”**

**What many parents hear:**

“You’re overreacting - all babies cry sometimes.”

“You’re making them too sensitive by keeping things quiet or calm.”

**What the science says:**

Not all babies are wired the same - and the science of temperament proves it. Roughly 40% of babies are born with more sensitive, cautious, or intense temperaments. These babies may cry more in new environments, startle easily, or need extra time to adjust to change. Research shows that when parents recognize and respond to a baby’s temperament - instead of ignoring it or trying to override it - those babies develop better emotional regulation, stronger parent-child bonds, and fewer behavioral challenges later on. Pushing sensitive babies too hard, too fast doesn’t build resilience - it builds stress.

**What this means for you:**

You’re not being overprotective - you’re being attuned.

If your baby needs more comfort, quiet, or time to warm up, that’s not a problem to fix - it’s a trait to understand and support. You’re not coddling your baby by honoring their temperament. You’re helping them feel safe in a world that’s brand new - and that’s powerful, science-backed parenting. ❤️



**Want more on this?**



Dive deeper in Module 2:

**“The Science Behind Temperament”** inside  
The Science of Parenting Babies Course.





# MYTH #4

**“You have to sleep train - otherwise, your baby will never learn to sleep on their own.”**

**What many parents hear:**

“You’re creating bad habits by rocking or nursing them to sleep.”  
“Just let them cry - you’ll thank yourself later.”

**What the science says:**

Babies are not born able to self-soothe — it’s a developmental process that takes time. In the early months, a baby doesn’t even have the cognitive ability to understand that a parent is nearby in another room. All they know is that they’re alone - and from an evolutionary perspective, alone means unsafe. While sleep training can work for some families, it’s not necessary for healthy sleep or development. In fact, studies show few benefits of crying-based sleep training methods. And there is no long-term evidence that rocking or feeding to sleep causes problems.

**What this means for you:**

You don’t have to choose between being responsive and getting rest. You’re not failing by supporting your baby through sleep - you’re meeting a need. There are many science-backed ways to improve sleep without going against your instincts. And no, your baby won’t need to be rocked forever. ❤️



**Want more on this?**



Dive deeper in Module 4:

**“The Science Behind Baby Sleep & Sleep Training”** inside

The Science of Parenting Babies Course





# MYTH #5

**“There’s not much you can do to boost your baby’s brain – it’s all genetics.”**

**What many parents hear:**

“Don’t overthink it — babies just develop naturally.”

“Talking, playing, reading... it’s nice, but it doesn’t really matter yet.”

**What the science says:**

Yes, genetics matter - but the idea that your baby’s brain just develops on autopilot is false. More than 85% of the brain is built by age 3, and the experiences your baby has in the first 18 months lay the foundation for learning, attention, memory, and emotional resilience. Research from neuroscience, psychology, and child development shows that early interactions don’t just matter - they shape how the brain is wired. In particular, the way caregivers engage with babies during everyday moments has a profound impact on how key brain systems develop.

**What this means for you:**

You’re not just keeping your baby fed and changed - you’re laying down the architecture of their brain, moment by moment. Even the smallest interactions matter more than most people realize. And once you understand the science, you’ll never look at the baby stage the same way again.



**Want more on this?**

→ Want the full breakdown of what really builds a baby’s brain? Explore Module 7:

**The Science Behind Brain Development**

inside The Science of Parenting Babies Course.



You just learned more than most parenting books teach in 200 pages.

If this made you feel more confident already – imagine what it would feel like to stop guessing completely and have a clear, calm, research-based guide for all of the baby stage.

👉 Explore [The Science of Parenting Babies](#)  
10 modules. 125+ short videos, lifetime access.  
Research made available to everyone.

With love,  
❤️ Vio

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# The Science of Parenting Babies

## Overview of 10 modules

Section 0: Getting Started



Section 3: The Science Behind Feeding



Section 1: The Science Behind Becoming a Parent



Section 4: The Science Behind Baby Sleep



Section 2a: The Two Pillars of Parenting - Parenting Style



Section 5: The Science Behind Soothing



Section 2b: The Two Pillars of Parenting - Temperament



Section 6: The Science Behind Attachment



## Take a peek



Section 7: The Science Behind Brain Development



Section 8: The Science Behind Physical Development



Section 9: The Science Behind Nutrition and Starting Solids



Section 10: Bonus Materials



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