Introduction:

Baby Behavior is a valuable educational tool to help moms and dads better understand what to expect from their newborn baby and to recognize and respond to their baby’s cues.

This training guide integrates training modules, discussion questions and practice activities to help you understand Baby Behavior. It also provides opportunities for you to practice using this information within the WIC setting.

Materials Needed:

- **Baby Behavior Training Modules.** *(Trouble viewing? Switch browser to Internet Explorer)*
- Baby Behavior Training Guide (this document)
- **Baby Behavior Spotlights #2-6, 9**
- **Clinic Observation Sheet**
- Prenatal Staff Training Tools
  - Prenatal Key Messages Outline
  - Prenatal Circle Chart *(Staff tool on the back)*
  - Prenatal Baby Behavior Role-Play Activity-Scenario A
  - Prenatal Baby Behavior Role-Play Activity-Scenario B
- Early Infancy Staff Training Tools
  - Conversations Starters and Affirmations
  - Key Messages for Infant Enrollment-Outline
- Baby Behavior Pamphlet
- Baby Behavior Education Clips DVD
- Baby Behavior Participant DVD “Getting to Know Your Baby”
Baby Behavior Training Guide

Link to: Baby Behavior Training Modules

Discussion Questions and Activities:

Discussion questions and activities for each Baby Behavior module are outlined below.

If you are viewing the modules by yourself, print a copy of this training guide and write down your thoughts about each question. Additional practice activities are found in the Baby Behavior Spotlights as indicated. This training is best completed in multiple sessions over several weeks or even months, with time to observe and practice between the modules.

Suggested schedule:

- Session 1: Module 1 and 2, Begin Clinic Observation Sheet
- Session 2: Module 3 and 4
- Session 3: Module 6, 7, 8
- Session 4: Module 9 and Post-Training Activities

Module 1: Introduction to Baby Behavior

(SLIDE 4)
- What do you think of the statement “Modern culture unrealistically expects babies to be quiet all the time” Do you agree with the statement? Why or why not? You are invited to share any personal experiences or observations that may have influenced your opinion.

(SLIDE 6)
- You are invited to share an example of a time that you were in a situation where you exhibited “emotional regulation” or a time that you observed someone else exhibiting “emotional regulation”.

(SLIDE 9)
- Why do you think it is important to know that people sometimes use “emotional regulation” when in a stressful situation when you are working with a WIC mom?
Module 2: Six Infant States

(SLIDE 13)
- Complete the exercise on Slide 13 individually or as a group.

(PRACTICE ACTIVITY)
- Observe babies and their behavior in the WIC clinic. Complete the Baby Behavior Clinic Observation Sheet over the next few weeks.

Module 3: Baby Cues and Crying

(SLIDE 5)
- How might you demonstrate “clustering” of hunger cues to a participant using your hands and face? Turn to a person near you and take turns demonstrating this concept.

(SLIDE 14)
- What experiences have you had with parents that think their baby is “colicky” (a persistent crier)? What new information did you learn about “persistent crying” that might be useful to share with caregivers whose baby is a persistent crier?

(SLIDE 16)
- Complete activity on slide 16 individually or as a group.

Module 4: Sleepy Time

(SLIDE 4)
- Why do you think it is important to focus on how parents can get a little more sleep rather than on how they can get their babies to sleep longer?

Review the “Tips for Sleepy Parents” section of the Baby Behavior Pamphlet.

(PRACTICE ACTIVITIES)
- Read Baby Behavior Spotlight #4 “Sleep” Complete the Review Activities.
Module 5: Physical Activity (optional module)

Module 6: Misinformation about Infant Feeding

- What misinformation about newborn baby behavior such as crying, or sleep have you seen or heard recently on TV shows, Facebook, blogs, or discussions with friends? How would you respond to a conversation about this misinformation based on what you know about baby behavior?

- If you have children, what unrealistic expectations do you remember having before your first baby was born? If you don’t have children, what have you heard from others that might lead to unrealistic expectations?

- This module talked about 3 things to discuss prenatally about breastfeeding in order to set realistic expectations.
  1. Mom’s won’t feel changes in their breasts for several days
  2. Babies need to eat frequently because they are small.
  3. Pumping should be limited to those who have medical concerns

  How might you share this information with participants? Practice discussing these three things with a partner.
Module 7: Support for Caregivers

(PRACTICE ACTIVITIES)
- Read Baby Behavior Spotlight #5 “Crying.” Complete the Review Activities.
- Read Baby Behavior Spotlight #2 and #9. Both spotlights focus on Starting the Prenatal Baby Behavior Conversation. Circle suggestions that you would like to try.

Module 8: Caregiver-Infant Interactions

(SLIDE 4)
- Discuss ideas on how you can promote better caregiver-infant interaction with each scenario before viewing suggestions.
- What, if anything, do you think you could do or change in your clinic environment to promote better caregiver-infant interactions.

(SLIDE 5)
- Practice how you might answer this question from a participant, utilizing what you know about baby behavior. “My mother-in-law says I shouldn’t pick the baby up every time she cries because I will spoil her. Is this true?” (The Crying section of the Participant DVD gives an example of how to answer this question)

(ACTIVITIES)
- Review the Conversation Starters staff tool. Circle any conversations starters that you would like to try.
- Read Baby Behavior Spotlight #6 Cues and complete the first 3 Review Activities
- Practice the role play scenario (found on the last page of Baby Behavior Spotlight #6) with a coworker.
- Discuss with your preceptor, your agency’s protocol for what to do if you recognize warning signs of postpartum depression.
Module 9: WIC Essential Role

(SLIDE 7)
- Review the breastfeeding messages on slide 7. Which of these messages do you currently focus on with parents prenatally? Are there any messages you would add to this list? Or messages you don’t think you would include on this list?

(SLIDE 14)
- Practice answering each question on Slide 14, with a partner, utilizing what you know about baby behavior before clicking on the suggested answer.

(SLIDE 16)
- As a group or individually, explore the various response options and results with the video scenario.

Post-Training Observations and Practice Activities

- Re-familiarize yourself with the Education Tools for Participants and where they are located within your agency.
  - Baby Behavior Education Clips (DVD, or the individual Clips may be on your computer network)
  - Baby Behavior Brochure
  - “Getting to Know Your Baby” DVD or YouTube post

(PRENATAL FOCUS)
- Review the Staff Tools posted on the website
  - Prenatal Circle Chart
  - PN Key Messages Outline

- Observe a late prenatal education appointment. How were messages about sleep and crying incorporated into the conversation? Were any BB education clips utilized?

- Practice the two prenatal role play scenarios showing the BB education clips as indicated. Practice using the Prenatal Circle Chart (see training guide on back) creating your own scenario with a coworker.
(EARLY INFANCY FOCUS)

- Review the Staff Tools posted on the website
  - Conversations Starters
  - IN Enrollment Key Messages Outline

- Observe an infant enrollment appointment. How did the staff person incorporate baby behavior messages about cues, crying and sleep into this appointment? What “teachable moment” opportunities presented themselves?

- Practice how you would address some of the “teachable moment” scenarios found in BB Spotlight #3 using what you know about baby behavior. Review these with your preceptor. (complete as many as you want)

- (optional) Review Baby Behavior Spotlight #6, practice the role play scenario or your own scenario, if desired.