

Baby Behavior Prenatal Key Messages

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This exercise is for staff training and guidance only.

Sleep

- Babies go through two types of sleep: light and deep.
- Both types of sleep are important.
- Newborns fall asleep in light sleep, wait until deep sleep to lay them down.

Review “Light Sleep & Deep Sleep” in the [Getting to Know Your Baby](#) (Baby Behavior Brochure).

Watch [MN WIC Baby Behavior Education](#) clip #1 “Light Sleep”.

Watch [MN WIC Baby Behavior Education](#) clip #2 “Deep Sleep”.

Waking

- Night waking is normal and healthy, waking up keeps babies safe and healthy.
- Babies wake at night for many reasons (hungry, hot/cold, sick).
- As baby gets older, they will sleep for longer stretches.
- Parents need to expect their own sleep to be in 2-3 hour stretches.

Review “Sleep Patterns” in the [Getting to Know Your Baby](#) (Baby Behavior Brochure).

Watch [MN WIC Baby Behavior Education](#) clip #16 “All about sleep”.

Hunger Cues

- Baby will express hunger with one or many hunger cues.
- Responding to hunger cues early can prevent some crying.
- On Day 2, baby will show hunger cues more often, this is normal.
- Babies cry for many reasons, not just hunger.

Review “I am Hungry. I am Full. ” in the [Getting to Know Your Baby \(Baby Behavior Brochure\)](#).

Watch [MN WIC Baby Behavior Education clip #3 “Hunger Cues”](#).

Crying

- Babies cry for many reasons. It’s normal for babies to cry. It is one way they communicate.
- Steps to help calm a crying baby
 - Try to figure out the reason for crying
 - Hold your baby close to you
 - Repeat the same action over and over
 - Be patient, it takes time for a baby to calm down
- On Day 2, baby will likely cry more, this is normal.
- As babies get older, they cry less and less.

Review “Why is your baby Crying” in the [Getting to Know Your Baby \(Baby Behavior Brochure\)](#).

Watch [MN WIC Baby Behavior Education clip #17 “All about crying”](#).

Reference- Complete Listing of Hyperlinks:

[Getting to Know Your Baby](#)

(<https://www.health.state.mn.us/docs/people/wic/nutrition/babybehaviors/english.pdf>)

[MN WIC Baby Behavior Education](#)

(<https://www.youtube.com/playlist?list=PLnv1INVkmxmtYaMmowS5oBHnbgmps7Ai1>)

Minnesota Department of Health - WIC Program 85 E 7th Place, PO BOX 64882, ST PAUL MN 55164-0882; 651-201-3942, health.wic@state.mn.us, www.health.state.mn.us; To obtain this information in a different format, call: 651-201-3942

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