“Baby Interruptions” Training Activity
BABY BEHAVIOR SPOTLIGHT #7

“We interrupt this meeting for a very important baby moment” Meghan Johnson, St Paul-Ramsey WIC shared a fun activity that she developed for a staff meeting to review baby behavior. Meghan writes:

“I’m passing along an idea for a Baby Behavior training that I created for our staff meeting. I used pictures and video clips to interrupt our meeting randomly throughout the day’s agenda as a baby might interrupt a WIC appointment in a way that creates a perfect opportunity to discuss Baby Behavior.

After the ‘interruption’ I would respond to the picture or the video as if I were a CPA in clinic talking to a caregiver. It was a fun way to help our staff identify moments to bring Baby Behavior into their conversations and to model some language that might work for them.

Staff gave positive feedback that this was a nice way to show how Baby Behavior can fit in at any time during a WIC visit, between other topics, and naturally in conversation. Another benefit was that it grabbed everyone’s attention each time a BB interruption occurred.

I had a lot of fun putting this together and it has huge opportunities for unending variation!”

See the next page for examples of videos and responses that were used.

Thanks Meghan for sharing your creative training idea and for helping staff look for ways to incorporate baby behavior into the WIC appointment!

If you have developed a training idea for baby behavior that you would like to share, please share it with your state WIC Consultant.
Baby Interruptions—a Baby Behavior Practice Activity

Examples of videos and an image to use for “Baby Interruptions” training. Please use videos and image for training purposes only. **Do not copy or repost them.**

**Baby showing hunger cues**

**CPA:** “Look at that. He’s really going for his hands. Look at how he’s wiggling his little body and searching around for a nipple. I think he is telling you that he’s hungry! Newborns can fuss for lots of different reasons - like being overstimulated with bright lights or loud noises, but when he’s doing all these things together – you can feel confident that he is ready to be fed. The good thing about feeding him now, before he starts to cry, he won’t have to get really upset. And when you continue to respond to his cues, he learns that his needs will be met and he’ll cry less! Isn’t that so amazing?”

**Newborn baby being weighed** (show first 20 seconds of video)

**CPA:** “Oh I know little one! All this stuff going on outside your body is really upsetting…. Bright lights, cold air and this hard scale is not fun at all! “

“Ok, we are all done. Now mama can pick you up and snuggle you up close in your blanket, and rock you gently back and forth and let you know that everything is ok...all that stuff was just a little overwhelming.” “Everything is a new experience to a newborn, so it’s no wonder all these things can be upsetting.”

**Overstimulated Baby in Car seat**

**CPA:** “Oh, my, it looks like he’s had too much going on in the car ride and he needs something to be different, doesn’t he? Here, let’s pop him out of his seat since we’ll be doing measurements in a little bit anyway... that is great! Now hold him close....maybe even try facing him towards the wall so he doesn’t keep getting more upset by all that’s going on in the waiting room. That’s good, now a little gentle rocking motion......awe, look at him calm down.”

“Babies sometimes need a little help to calm down after they get really upset, and it takes some time. That’s really normal. Consistent motion and quiet sounds are soothing, especially if you stick to the same thing for several minutes.”

**Image of Daddy Holding Baby in Deep Sleep**

**CPA:** “Look at how zonked out she is! It looks like she’s in deep sleep. Notice how she is really still, and her limbs are almost floppy. Newborn babies fall into deep sleep, usually about 20 minutes after they fall asleep. This is the type of sleep you want to look for before you lay her down into her crib to sleep.”

“You’ll know she is in light sleep when her eyes are fluttering or she’s smiling and has face twitches or her limbs might move around. If you lay her down in light sleep, she may be more likely to wake right back up.”