

**Activity Instructions for  
Understanding Your Newborn Baby's Behavior  
Individual Education Worksheet**

Individually read and complete the individual education worksheet. Then work with a partner. One of you will be the participant, the other will be staff. The staff will review your partner's responses and complete the following steps.

1. Thank the participant for completing the individual education worksheet
2. Ask what the participant liked or what information was the most important and why
3. Address the participant's question(s) on the bottom of page 2
4. Acknowledge or affirm what the participant wants to remember when her baby arrives (bottom of page 4)
5. Offer the handouts and DVD (which are optional)

Switch roles when you are done.

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