



Sleep Take Home Activity

Sleep scenarios for WIC Staff

Instructions: Choose several situations from this list to do during the next month. On the back of this page, document briefly, what you did and what happened. Be prepared to share your experiences at a future training or staff meeting.

- Observe a baby in a drowsy state
- Address a parent's concern about her baby not sleeping by explaining that infants sleep better at about 4 months, even without formula
- Explain to a parent how to recognize when her baby is dreaming, and why dreaming is healthy for babies
- Explain to a parent about active sleep and quiet sleep
- Teach a parent about active sleep and why it is important
- Explain to a parent why waking is important to babies
- Teach a parent about the longest stretch of sleep for babies between birth and 6 months of age
- Help a parent, whose sleeping newborn awakens easily when laid down, to learn to wait to put her down until the baby is in quiet sleep (between 20 – 30 minutes)
- Share “Tips for Sleepy Parents” with a parent (On the back of “Healthy Sleep for babies” or “Healthy Sleep for you and your baby”(brochure in fulfillment center)
- Talk to a parent about how sleep patterns change as the baby gets older

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