



2016 Baby Behavior Energizers - Cues

These “Energizers”:

- Will give you an opportunity to refresh your skills and build your confidence talking about Baby Behavior Cues messaging with your clients
- Will benefit all WIC staff doing direct client services (including clerks)
- Include a variety of activities to accommodate all learning styles
- Can be completed alone, as well as in a 1:1 or group setting
 - For example, in place of a facilitated group discussion, complete the activity and answer the discussion questions with one of your co-workers
- Range in time from 15 minutes to a few hours
- Are optional.

How to use these Energizers:

- View the videos and training activities before completing the case studies/scenarios and other activities. This will refresh your skills and knowledge.
- We encourage you to send us your Baby Behavior stories about successful 1:1 client visits, group education, TLC sessions, etc. Tell us what has worked for you so we can all learn from one another.

Baby Behavior Stories

Sea Mar Community Health

Story 1:

Mom and Dad were here with baby Esmeralda. She was making some cute noises while dad was holding her. I asked if she was hungry, they told me she just had some milk before coming to the appointment. Mom then started to share how she observes her daughter when she is hungry. "When she wakes up, I change her diaper, and then she starts looking at me, opens her mouth, which tells me that she is hungry. When she is full she stays quiet and looks happy and calm, sometimes asleep. After feedings sometimes she starts making noises, and "yells" because she feels uncomfortable, and then I pick her up, or turn her and massage her tummy or her back. Sometimes, when she is very hungry, she starts crying, and if I don't feed her right away, she gets mad, and while she eats, she makes all these noises, like she is protesting". They were a very cute family.

Story 2:

This month I incorporated more baby cues information into my breastfeeding class. In addition to going over the bookmark for baby cues which I typically do, I also went over the "Why do Baby's Cry?" handout and had a larger open discussion with the participants. I found that the moms were very excited to talk more about baby cues. All of the new moms were especially excited to talk about how to know if their baby was hungry or not, and what to expect from their new baby. I think several of them only knew that babies cried, but didn't know about the range of other signs their babies would give them. It went very well and I think it was one of the biggest discussions we had during the class.

Story 3:

At a 2C for a breastfeeding 4 month old, mom told me she gave her baby 2-3oz. of formula about 2x/day because he continued to cry after breastfeeding. After asking her more questions regarding hunger/baby cues and the timing of crying (leading me to believe he was not still hungry), I finally asked her "what does he do when he cries?" She described his flailing with rigid hands/movements. I said "hmm, that's interesting; usually babies don't behave like this when they are hungry, and can I share some information with you?" Mom was receptive to the education and in simple terms I explained that when her baby is hungry he wants to be near her, not pushing her away. This seemed to resonate with mom and we moved into discussing other reasons babies cry. Mom left without formula.

Case Studies/Scenarios	Activity	Discussion Questions
<p>Time: 30 minutes</p> <ul style="list-style-type: none"> Print the “Baby Cues Case Studies” document before doing the activity. Cut the document (on the dashed lines) into 4 separate case studies. 	<ul style="list-style-type: none"> Break groups into pairs. Assign each pair 1 - 4 case studies. You can assign a case study to more than one pair for larger groups. Pass out the handout “Understanding Your Baby's Cues” to use while practice counseling. With one person in the pair acting as the counselor and one as the participant, role play the case study. After the role play, have one person from each pair share their case study and answers with the group. 	<p>The questions are printed on the “Baby Cues Case Studies” document.</p>
“Name That State”		Activity
<p>Time: 15 minutes</p> <ul style="list-style-type: none"> Print the “Name That State” document. This document describes the physical signs of 4 of the 6 infant states listed below: <ul style="list-style-type: none"> Crying Quiet Alert Irritable Drowsy Cut each physical sign into 22 strips. Laminate each strip, if possible. 		<ul style="list-style-type: none"> This activity works well in small groups. A few days before the activity, ask staff to review the handout: Infant States. Stack the laminated strips on a table facedown. Ask staff to take turns showing the rest of the group one strip. Ask staff to stand up, or raise their hand, as soon as they recognize which infant state is being described. To ensure each person in the group has time to discover the answer, ask staff not to say the answer out loud.

Assessing Caregiver-Infant Interactions	Activity	Discussion Questions
<p>Time: 30 minutes</p> <ul style="list-style-type: none"> Print the “Baby’s Talking Scenarios” document before doing the activity. Cut the document (on the dashed lines) into separate scenarios. 	<ul style="list-style-type: none"> Break group into pairs. Assign each pair 1 of the 10 scenarios. You can assign a scenario to more than one pair for larger groups. Ask each pair to review the handout: “Conversation Starters and Affirmations”. 	<p>As the pairs practice their assigned caregiver-infant scenarios, discuss these questions:</p> <ul style="list-style-type: none"> Is the caregiver looking, recognizing or responding to their baby? Identify: What is the problem? “Look”, “Recognize” and/or “Respond”? What should they say or do? Review the scenario answers with the larger group. Have one person from each pair read their scenario and discuss the answers to the questions.
Training	Activity	Discussion Questions
<p>Help staff strengthen their skills with this 1 hour module showing practical applications of infant cues.</p> <p>Module 1 - Baby Cues (click “Training Materials page”, then “Baby Behavior”. Scroll down to the “Staff Refresher Training Materials”)</p> <p>Time: 1 hour</p> <ul style="list-style-type: none"> 1 of 3 modules from the Staff Refresher Trainings A Facilitator’s Guide and a materials checklist are included with this module. 	<p>Facilitate this module with a small group of staff.</p>	<p>Use the discussion questions included throughout Module 1.</p>

Video	Activity	Discussion Questions
<p><u>"Getting to Know Your Baby": Baby Cues</u> Video time: 6 minutes. View in full screen mode. Total time: 15 – 30 minutes depending on your discussion time.</p> <ul style="list-style-type: none"> • Video contains a chat with Dr. Jane about using your baby's cues. • Excerpted from the video "Getting to Know Your Baby" developed by the California Baby Behavior Campaign in collaboration with UC Davis Human Lactation Center. 	<ul style="list-style-type: none"> • Watch this video, either in a group or alone. • Think about how you'd answer the discussion questions to the right. 	<p>Parents might ask you the following questions. How would you answer them?</p> <ul style="list-style-type: none"> • How can I tell what my baby really wants? • I heard that there is a special cry when babies are hungry. Is that true? • I heard that if you hold a baby too much, they'll get spoiled and get used to it? Is that true?
Webinar	Activity	Discussion Questions
<p><u>Using "Baby Behavior" to Support Informed Early Infant Feeding Decisions</u> Presented by: M. Jane Heinig, PhD, IBCLC, Executive Director UC Davis Human Lactation Center This activity has been approved for 1.5 L-CERPs. Total time: 1.5 -2 hours for each webinar depending on your discussion time. Webinar 1: To give a background and overview of formative research and infant development and behavior. Webinar 2: Research-based counseling techniques to promote informed infant feeding decisions focused on the newborn period.</p>	<ul style="list-style-type: none"> • Watch these webinars, either in a group or alone. • Review the objectives before watching each webinar. • Think about how you'd answer the discussion questions to the right. 	<p>Webinar 1:</p> <ul style="list-style-type: none"> • What are 2 reasons why WIC moms supplement or stop breastfeeding in the early postpartum? What Baby Behavior messaging can WIC staff share with these moms to help them to continue breastfeeding? • Describe the basics of Baby Behavior. <p>Webinar 2:</p> <ul style="list-style-type: none"> • Identify at least 2 early breastfeeding challenges. What Baby Behavior messaging can WIC staff share with their moms to help them overcome these challenges? • Discuss the difference between engagement and disengagement. • Discuss 3 key messages that may be used to address moms' concerns.



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