

Getting to Know Your Baby Handouts Scavenger Hunt

Find the answers to the following questions.

1. Write a brief answer to each question.
2. Select the handout where you found the answer.

- A. Why Do Babies Cry?
- B. Understanding Your Baby's Cues
- C. Healthy Sleep: For You and Your Baby

1. How does a baby let us know he is full? _____
2. What is Step 2 in helping to calm a crying baby? _____
3. Name one tip for sleepy parents. _____
4. What can a parent do if her newborn wakes up easily when laid down? _____
5. At about what age will a baby's longest stretch of sleep be at night? _____
6. What might a baby be communicating by crying? _____
7. What are 'baby cues'? _____
8. Why is night waking important for young babies? _____
9. Why do babies need light sleep? _____
10. What might a parent do if the baby needs something to be different? _____

In accordance with Federal law and Department of Agriculture USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Washington State WIC Nutrition Program does not discriminate.

For persons with disabilities, this document is available on request in other formats.

To submit a request, please call 1-800-841-1410 (TDD/TTY 711).



DOH 961-973 April 2013



Publication developed by the California WIC Program in collaboration with the UC Davis Human Lactation Center. Reprinted with permissions.