Baby Behavior TLC Session Planning Worksheet

Topic: ______________________________________________________________________________________

Audience:
Infants   Pregnant Women   Breastfeeding Women   Postpartum Women

What are the key messages?
What do you want your clients to explore during the session?
1. 
2. 
3. 
4. 

Supplies Needed:

Open:
Welcome and Connection Building

1. **Introduction**
   - Introduce yourself
   - Introduce your topic
   - Describe how long your session will be
   - Explain what they can expect during the session and next steps

2. **Conversation Starter**
   - Conversation Starter gets participants curious about what happens next. Share a picture, report, quote or anything interesting followed by a question about how they FEEL about it. “How do you feel when. . .?” or “What is it like for you when. . .?”
   - Pulse Point Targeted: Pride, Security, Happiness and Hope for the Future
     - What concerns do people have about...?
     - How do you feel about...?
     - What have you heard about...?
     - What’s your biggest fear about...?

   Conversation Starter: ________________________________

Share and Connect:

1. Clients share true feelings in a safe, comfortable group.
2. Use OARS skills to connect to the emotions driving behavior.
3. Give yourself permission to **not** give facts and advice.
4. Remember: If you know the answer, don’t ask the question.
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- What things have you tried...?
- What ideas have worked...?
- What ideas haven’t worked...?
- Why do you think that’s a concern...?
- If you made a change, how would that affect...?
- Reflect on comments (paraphrase).

What questions will you ask to connect your group?
______________________________________________________________________________
______________________________________________________________________________

Summarize and Act:

1. Summarize what’s been talked about and highlight key points from the discussion.
   - We’ve shared lots of ideas today. I heard. . .(summarize ideas)

2. Ask group what they’ll take away from the training.
   - What is one thing you could take away with you today?
   - What ideas have you heard that might work for you?
   - What would you do differently now?