



## Crying Take Home Activity Crying Scenarios for WIC Staff

**Instructions:** Choose 2-3 situations from this list to complete 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 the next Baby Behavior Refresher Training.

- \_\_\_ Talk to a parent about how babies cry less and less as they get older.
- \_\_\_ Encourage a parent to try figuring out why her baby is crying before soothing her baby.
- \_\_\_ If a parent has checked all the reasons her baby might be and the baby is still crying, assist her in trying “repetition to soothe”<sup>1</sup> to calm her baby.
- \_\_\_ Address a parent’s concern about spoiling her baby by explaining that by responding to her baby’s cues, her baby will cry less.
- \_\_\_ When you notice somebody using “repetition to soothe”<sup>1</sup> to calm a baby, stop and tell them they’re doing a great job!
- \_\_\_ Encourage a parent to hold her baby when they are fussing in the car seat.
- \_\_\_ Share steps to calm a crying baby with a parent.
- \_\_\_ Explain to a parent why babies stop crying when given a bottle, whether they are hungry or not, and then share with them other ways to calm a baby.
- \_\_\_ Help a parent recognize and respond early to cues that their baby needs something to be different, before the baby starts to cry.

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<sup>1</sup> Source: NCAST Learning Resource Manual, Barbard, 1978.

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