

Case Studies: Sleep

1. Who: Maria, mother of a 2-week-old daughter, Elena

She tells you Elena is waking up “every hour” to feed. She wonders if starting some formula would keep Elena fuller longer at night. In response to your questions, Maria clarifies that Elena is waking up every 2 to 3 hours but she seems to move a lot and make a lot of noise when she is trying to sleep. During the appointment, Elena is asleep in her car seat.

What information does Maria need?

How would you use the sleep handout to help Maria understand her baby better?

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2. Who: Amanda, 32 weeks pregnant

Amanda tells you: “I want to formula feed because my sister’s baby slept through the night at 1-week-old, and I think it’s because she gave her formula before bedtime. I’m going to be so tired because I have no one to help me get up with the baby at night.”

What information does Amanda need?

How would you use the sleep handout to help Amanda understand her baby better?

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3. Who: Brenda, mother of a 2-month-old baby

Brenda asks you: “When will my baby sleep through the night?”

What information does Brenda need?

How would you use the sleep handout to help Brenda understand her baby better?



4. Who: Terri, mother of a 3-week-old baby

Terri tells you: “Every time I go to put my baby down to sleep in his bed he wakes right up when I lie him down. He’s asleep and then he just knows I’m putting him down and he wakes up and cries. He’s so spoiled!”

What information does Terri need?

How would you use the sleep handout to help Terri understand her baby better?

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5. Who: Yvonne, a pregnant women

During a counseling session, you start to talk about normal infant sleep with Yvonna, a pregnant mom. Yvonna's friend Viveca is with her and before you start to explain about the different types of infant sleep, Viveca says "My first child slept through the night at one month-old!"

What information does Yvonne need?

How would you use the sleep handout to help Yvonne understand about normal infant sleep?



DOH 961-1116 October 2016

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