

Baby Behavior TLC Session

Topic: Baby Behavior – Understanding Your Newborn’s Behavior

Audience: Pregnant Women

Key Messages

- A better understanding of normal baby behavior
- Baby Behavior tools they can use after their baby is born

Supplies Needed:

Client handout: [Understanding Your Baby's Cues/What Your Newborn is Saying](#)

Open:

Welcome and Connection Building

1. Introduction

My name is _____.

Today’s about taking some time to explore normal newborn behavior. Babies are born with the ability to communicate. They do this by using their body and by making noises to let you know what they need. These are called cues. Understanding your baby’s cues will help you feel less stressed and more confident in caring for your baby.

- *This session will be about 15 minutes*
- *This is your time to share and connect. I’m here to guide your discussion.*
- *Let’s start off by introducing yourself, and tell the group when your baby is due, and if this is your first baby.*

Conversation Starter

What have you heard about how newborn babies communicate? How do they let you know what they need?

Share and Connect: (Use as appropriate)

- Ask a participant to read the “hunger and fullness cues” sections on the “Understanding Your Baby’s Cues” handout and discuss.
- Remember to reflect and affirm.
- *What surprised you about what you just heard?*
- *Have any of you seen babies show these cues? Did you know what they meant?*
- *What do you think would happen if you responded to your baby as soon as you noticed their cues?*
- *If they have children:*
 - *Tell me what worked when responding to your baby?*
 - *What surprised you about your baby’s newborn behavior (i.e. I thought they would cry less, or sleep more)?*
- *This is what worked for other mothers.*

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Summarize and Act:

1. Summarize what's been talked about and highlight key points from the discussion.
 - *Having a baby is a very exciting time. Parents tell us the first six to eight weeks can be the hardest time.*
 - *As you get to know your baby, you'll recognize what he's trying to tell you. If you respond quickly, he'll learn to give you the same cues over and over. As he gets older things are going to get easier.*
 - *Today we talked about_____.*
2. Ask the group to share 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?*

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Baby Behavior Resources

WA WIC website:

- Baby Behavior Training Materials:
<http://www.doh.wa.gov/ForPublicHealthandHealthcareProviders/PublicHealthSystemResourcesandServices/LocalHealthResourcesandTools/WIC/Training/TrainingMaterials>
(click the “Baby Behavior” link)
- Baby Behavior Online Training:
<http://dohmedia.doh.wa.gov/cfh/babybehaviormodules/coursefiles/index.html>
- Baby Behavior client educational handouts, posters, and DVDs:
Go to the Department of Printing’s website at <http://myfulfillment.wa.gov/> (WIC→Baby Behavior materials)
- WIC Connects and TLC Guidelines:
<http://www.doh.wa.gov/ForPublicHealthandHealthcareProviders/PublicHealthSystemResourcesandServices/LocalHealthResourcesandTools/WIC/Training/TrainingMaterials>
(scroll down to “Talk Listen Connect Notebook” or “WIC Connects” and click the links)

USDA WICWorks website:

- Go to the WICWorks Resource System:
<http://search.usa.gov/search?affiliate=wicworksresourcesystem&query=baby+behavior&btnG.x=0&btnG.y=0>



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