

Loving Support Curriculum and Baby Behavior

Module 10 -Talking with mothers about breastfeeding in the first month	Activities
Secrets of Baby Behavior	Speaker notes pages 249-253 (slide 153-156)
Module 10 Handouts	10.1 Baby talk 10.2 Secrets of Baby Behavior
Discussion- Speaker notes pages 250-253	<p>Discussion:</p> <ul style="list-style-type: none"> • Click on the <i>SLIDE SHOW</i> of an infant demonstrating the various states. • Show the first two slides and ask WIC staff to tell you what they think the baby is trying to communicate and how they can tell that. • After they guess, click to bring up a statement that explains what the baby is saying. <p>Photo #1: Introducing dad and baby.</p> <p>Photo #2: I need a break.</p> <ul style="list-style-type: none"> • Turns his head or whole body away from • the parent • Stiffens his body • Fusses • May yawn, rub his eyes, or give tired signs <p>What to do:</p> <ul style="list-style-type: none"> • Parent can offer the baby a break or soothe him to calm him quickly. <p>Photo #3: I want to be near you.</p> <ul style="list-style-type: none"> • Baby's eyes are open and their face is • relaxed

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- Baby tries to reach toward the parent
- Baby lifts face and smiles (if they are old enough)

What to do:

- Parent can engage with the baby, smile, make faces, and talk to the baby.
- Next, click on the remaining photos to help WIC staff identify the six “states” that an infant moves through to communicate his needs.
- As you show each photo, ask peer counselors to tell you what they think the baby is communicating and the clues that tell you that.

Photo #4: Crying

- Tears
- Jerking motions
- Color changes
- Tight muscles
- Rapid breathing
- Responds slowly

Photo #5: Irritable

- Lots of body movement
- Facial movement
- Eyes open but may not want to interact
- Fussy
- Sensitive to what’s going on inside and around them
- Common before feeding

Photo #6: Quiet Alert

- Little body movement
- Eyes open and wide
- Steady, regular breathing
- Highly responsive
- Wants to learn and play

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- Can be tiring for young babies

Photo #7: Drowsy

- Variable movement
- Irregular breathing
- Opens and closes eyes
- Eyes glazed
- Takes time to react
- Easily startled

Photo #8: Active Sleep

- Moves a little every now and then
- Variable breathing
- Facial twitches
- Rapid eye movements (REM)
- Easy to wake

Photo #9: Quiet Sleep

- No body movement
- Rhythmic breathing
- Bursts of sucking
- Startles but does not wake
- Does not respond
- Hard to wake

Points for Discussion:

- What do you think these babies are trying to communicate?
- How can you tell that?

Take-away Points:

- Babies give two main cues to parents: (1) they want to be near the parents and (2) they need a break or need to do something different.

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	<ul style="list-style-type: none"> • Babies have different “states” or patterns of behavior from crying to deep sleep. • Their facial expressions can give parents “cues” as what state they are in. • Helping parents understand the infant states will help them learn to read their baby better and gain confidence meeting their needs.
<p>Module 10 When Babies Cry</p>	<p>Speaker notes – page 252</p>
<p>Module 10 Persistent Crying</p>	<p>Speaker notes – page 253</p>
	<p>Activity: Baby Talk</p> <p>Purpose: To help WIC staff gain confidence understanding the unique language of babies.</p> <p>Materials Needed:</p> <ul style="list-style-type: none"> • Handout 10.1: Baby Talk • Velcro tabs <p>Time Needed: 15 minutes</p> <p>Instructions:</p> <ol style="list-style-type: none"> 1. Ask peer counselors to work individually or in small groups. 2. Use Handout 10.1, Baby Talk. Cut apart the text cards and the photos in the handout. Prepare a set for each small group. <i>For larger groups:</i> provide a set of cards and photos to each small group. <i>For smaller groups or one-on-one learning:</i> conduct as a group discussion, or use the handouts in the curriculum. 3. Optional: laminate the text pages and the photos. Apply Velcro tabs to the backs of each photo and text card. Place the felt side of the Velcro on the backs of the photos.

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	<p>4. Ask WIC staff individually or in groups to read the story cards and match each story card with a photo that corresponds to it.</p> <p>Points for Discussion:</p> <ul style="list-style-type: none">• What did you learn?• What recommendations would you give a mother who says her baby is behaving like this? <p>Take-away Points:</p> <ul style="list-style-type: none">• It's exciting to learn the unique language babies use to communicate.• Parents who communicate with their babies strengthen bonds that last a lifetime.
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DOH 961-1122 April 2017

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