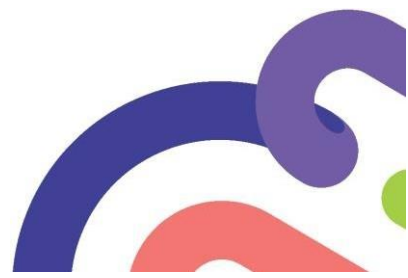




Trainee Guidebook

Nevada WIC Training

Baby Behavior Guidebook



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What Will You Learn?

This course will help you understand baby behaviors in healthy, full-term babies from birth to 6 months old. Learning about baby behaviors can give you the knowledge you need to help parents make better feeding decisions and reduce their child's risk of obesity.

After completing the Baby Behavior LMS course, you will be able to:

- Identify the six infant states
- Understand the different types of infant cues and provide recommendations to help caregivers respond accordingly
- Understand why babies cry, and provide recommendations to help soothe crying babies
- Understand infant sleep cycles, and give recommendations to increase the amount of sleep for caregivers

Items Needed for This Course

- Pen or pencil
- Access to Baby Behavior LMS course

Recommended Time

- Approximate time it takes to complete the Baby Behavior LMS course: 2-3 hours
- Approximate time it takes to complete this Baby Behavior Guidebook and discussion with your trainer: 1-2 hours

Things to Remember

- This guidebook is yours to keep.
- You are encouraged to take notes, highlight, and write in this guidebook.
- As your trainer chooses, you may work in a group or as an individual.
- You are encouraged to ask your trainer(s) for help, ask questions about the information in the course, or ask any questions about additional topics related to Baby Behavior training.

Baby Behavior Course Instructions

- Log onto <https://nvwic.instructure.com/login/canvas>
- Open and complete the Baby Behavior LMS course module and the corresponding Baby Behavior Activities in this guidebook.
- At your trainer's direction, complete the Baby Behavior LMS course and guidebook, either individually, with other trainees, or with your trainer.
- Complete the Baby Behavior Post-Test.
- Meet with your trainer at their direction to discuss each module of the Baby Behavior LMS course and the associated activities in this guidebook, either after each module, or after all modules have been completed.

Module 1: Introduction to Baby Behavior

MODULE 1 COMPETENCIES:

1. Trainees will understand that many caregivers are confused regarding their infant's behaviors.
2. Trainees will understand that many caregivers have unrealistic expectations about their infant's behavior.
3. Trainees will understand that the way caregivers perceive their infant's behavior impacts the way they respond to their infants.
4. Trainees will understand that many caregivers misinterpret their infant's cues, and will often try to feed their infants, even when they're not hungry.

Module 1: Activity

1. What do you think may be some of the unintended consequences of trying to feed infants any time they cry, or when you want to try to get them to sleep longer?

Module 2: Just Being Themselves

MODULE 2 COMPETENCIES:

1. Trainees will be able to identify the 6 infant sleep states: deep sleep, light sleep, drowsy, quiet alert, irritable, and crying.
2. Trainees will understand how light sleep is different from deep sleep.
3. Trainees will understand that some infants need help from their caregivers to transition from one state to another.
4. Trainees will understand that “repetition to soothe” is a common method of helping to transition babies out of the crying infant state.

Module 2: Activity

1. What are some ways that you can tell if an infant is in light sleep or deep sleep?

2. How would you describe repetition to soothe to caregivers who struggle to calm their crying babies?

Module 3: Special Considerations

MODULE 3 COMPETENCIES:

1. Trainees will be able to differentiate between engagement and disengagement cues.
2. Trainees will be able to identify hunger and fullness cues.
3. Trainees will understand that infants cry for many reasons, not just because they're hungry.
4. Trainees will understand some reasons for persistent crying, and be able to provide tips for babies that cry persistently.

Module 3: Activity

1. In your own words, describe the difference between engagement and disengagement cues. List examples of each.

2. List 5 different hunger cues.

Hunger Cue #1:

Hunger Cue #2:

Hunger Cue #3:

Hunger Cue #4:

Hunger Cue #5:

3. List 5 different fullness cues.

Fullness Cue #1:

Fullness Cue #2:

Fullness Cue #3:

Fullness Cue #4:

Fullness Cue #5:

4. How can a caregiver determine if a baby is crying because they are hungry, or if they are crying for some other reason?

5. What are some reasons that babies may cry persistently (a lot)?

6. What tips would you offer to caregivers of babies who cry a lot?

Module 4: Infant Sleep

MODULE 4 COMPETENCIES:

1. Trainees will be familiar with caregivers’ misconceptions regarding infant sleep.
2. Trainees will be familiar with infant sleep cycles.
3. Trainees will understand the importance of night waking.
4. Trainees will be familiar with some of the reasons for excessive night waking.
5. Trainees will be able to provide caregivers with some recommendations to increase the amount of sleep they get.

Module 4: Activity

1. What advice would you offer to a caregiver who is considering switching from breastmilk to formula in order to get their infant to sleep longer?

2. Match the description of each infant sleep cycle with the associated age range by filling in the blank to the left of each sleep cycle description with the letter of the age range.

Sleep Cycles	
	Starts in light sleep state, transitions to deep sleep after 5-10 minutes, starts to have one longer deep sleep period at night
	Starts in deep sleep state, less likely to be easily awakened after being put down to sleep
	Starts in light sleep state, transitions to deep sleep after 20 to 30 minutes, wakes easily after being put down to sleep

Age Ranges
A. Newborn
B. 2-3 months
C. 4+ months

3. What are some of the benefits of light sleep and night waking?

4. What are 5 reasons for excessive night waking?

Reason #1

Reason #2

Reason #3

Reason #4

Reason #5

5. What advice would you offer to a caregiver who complains of not getting enough sleep?

Module 5: Support for Caregivers

MODULE 5 COMPETENCIES:

1. Trainees will know the ideal times to share messages with caregivers about crying, sleep, and cues.
2. Trainees will be able to share key messages with caregivers about crying and sleep.

Module 5: Activity

1. When is the best time to share messages with caregivers about crying?

2. When is the best time to share messages with caregivers about sleeping?

3. When is the best time to share messages with caregivers about cues?

4. What are 3 key messages you could share with caregivers about crying?

Key Message #1

Key Message #2

Key Message #3

5. What are 3 key messages you could share with caregivers about sleeping?

Key Message #1

Key Message #2

Key Message #3

Module 6: Caregiver-Infant Interaction

MODULE 6 COMPETENCIES:

1. Trainees will understand the 3 steps needed to promote successful caregiver-infant interactions.

Module 6: Activity

1. What are the 3 steps involved in successful caregiver-infant interactions?

Step #1:

Step #2:

Step #3:

Module 7: Course Summary

MODULE 7 COMPETENCIES:

1. Trainees will be able to answer frequently asked questions about baby behavior.

Module 7: Activity

1. The following are frequently asked questions (FAQs) that caregivers have about their baby's behavior. Indicate what you think would be the best response for each question below.
 - a. "Why does my baby wake so easily?"
 - b. "When will my baby sleep through the night?"
 - c. "I've tried everything! Why won't my baby stop crying?"
 - d. "If I immediately respond to all of my baby's cues, will that spoil her?"