

Welcome to Baby Cues Refresher Training

Why?

The Fit WIC Baby Behavior Study was successful in:

- Increasing exclusive breastfeeding rates
- Decreasing formula use
- Decreasing overfeeding





What to Expect...

Refresher Trainings for:

- Cues
- Crying
- Sleep

NEW Participant Education Training & Materials!!!





Agenda

- 1. Warm-Up
- 2. Revisiting Baby Behavior Cues & States
- 3. See it in Action
- 4. Promoting Positive interactions
- 5. Baby Nutrition Questions Activities & Wrap up
- 6. Evaluation





Warm up

Share a recent experience using Baby Behavior with participants, family, or friends.





Why WIC teaches Baby Behavior...









Why WIC teaches Baby Behavior...

Being a new parent is stressful!







Two Ways of Coping with Stress

Problem Management Emotional Regulation





Two Ways of Coping with Stress

Problem Management

If parents believe
 a solution is
 possible - they will
 try to find ways to
 fix the problem.

Emotional Regulation





Two Ways of Coping with Stress

Problem Management

If parents believe
 a solution is
 possible - they will
 try to find ways to
 fix the problem.

Emotional Regulation

If parents don't
 believe a solution
 is possible - they
 won't try to solve
 the problem.
 Instead, they will
 try to calm
 themselves down.





Example: Mom is frustrated and confused about her baby's crying.

Problem Management

 Seeking solutions with the help of her family, doctor, or WIC about her baby's behavior

Emotional Regulation

 Tell herself it is "okay" or that "she must" overfeed to keep her baby from crying





Example: Mom is frustrated and confused about her baby's crying.

Problem Management

 Seeking solutions with the help of her family, doctor, or WIC about her baby's behavior

Emotional Regulation

 Tell herself it is "okay" or that "she must" overfeed to keep her baby from crying

Parents need tools to help them believe they have other ways to cope with their babies' crying without overfeeding.

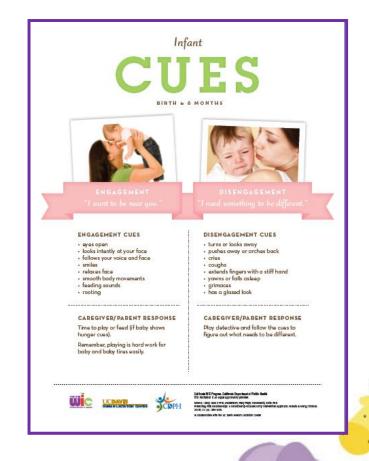




Revisiting Baby Cues & States

Staff Handout









Let's Watch Some Babies!

Interaction Videos

- What do you see this baby doing?
- Is the baby giving engagement or disengagement cues?
- What are your thoughts about how the parent/caregiver/sibling is responding?







See it in Action!

See it in Action

Scenario 1

- What was the baby doing in the video clip?
- How did the mom react?
- What did the counselor do?





See it in Action

Scenario 2

- What was different in this video about the mom's reaction?
- How did the counselor promote positive interaction?







Promoting Positive Interactions



What Do Parents Need To Do?





What Do Parents Need To Do?

- Look at what their baby is doing
- Recognize what their baby is trying to tell them
- Respond by doing the right thing at the right time to meet baby's needs





New Tool!

CONVERSATION STARTERS AND AFFIRMATIONS

Look, Recognize, Respond

Use these ideas to start talking to caregivers about interacting with their babies.

LOOK:

- What a wonderful/handsome/cute baby!
- · What a cute outfit your baby is wearing.
- · Your baby is adorable/is so a lert/looks so healthy.
- · Look at her...how sweet...
- · That's really great that you have your baby close to you (affirm).

RECOGNIZE:

- Aren't babies amazing! They can tell us what they want by the way they look and act.
- · Every baby is different, but I think your baby might be telling you...
- What do you think your baby is telling you?
- · What do you think your baby needs right now?
- You really seem to know what your baby is telling you (affirm).

RESPOND:

- Let's try ... and see what happens.
- What else might you do?



- It looks like your baby is ready to play (or is hungry or needs something to be different).
- Look how he calms down when you hold him (affirm).
- I really like the way you responded to your baby (affirm).







Call bods NE Program, California Departmente i Public Smalls Distribution is an equal appointmity provides persons recent specific process season, secons, pares.





Promoting Positive Interactions

Directions:

Read assigned scenario, and answer the questions. All of the babies in these scenarios are healthy, eating well, and growing appropriately.

TIP: There is no need to ask about the number of wet or poopie diapers!





Example Scenario

Dad is bottle-feeding 3-month old Roberto as he sits in your counseling office. As you watch, Roberto stops sucking, kicks his feet, starts to fuss, and tries to turn his head away. The father jiggles the bottle until the baby starts sucking again. The dad asks, "How do I get Roberto to finish his bottle?"





During her WIC appointment, Mom tells you that 4-year-old Daniel just loves to play with 3-week-old Amber. You watch as Daniel puts his face very near baby Amber's face and then she yawns, opens and closes her eyes, and tries to turn away. Daniel then begins to sing a loud song, you watch as Amber stiffens her hands and points her fingers. The mother smiles and says, "Daniel just loves playing with Amber but sometimes she gets so fussy and I don't know why."





Bradley looks proudly at his 2-month-old son, Jonathan during their WIC appointment. He talks about his son's interest in solid foods. He has been giving him 'tastes' of table food because he can tell by the way the baby looks at food that he wants to eat more than just breast milk.

Tip: Think about what cues Jonathan is giving to his Dad at **home**.



On the nutrition questions form Sara answers "no" to question #10, "Does your baby seem satisfied after feeding?" When you ask her about this, Sara tells you she is thinking of weaning Carlos, who is a large 3 week old, because he is "never satisfied" after breastfeeding. She tells you that Carlos will start to fuss and move around just a few minutes after each feeding. Sara is sure she doesn't have enough milk, even though Carlos is growing well.



Susan comes to the desk to ask if she can get some help with breastfeeding. She tells you she is not sure when she's supposed to feed her 7-day-old baby. You notice the baby is moving around in the car seat, his eyes are open and he is rooting.







Baby Nutrition Questions Activities

Baby Nutrition Questions Activities

Directions:

California

- 1. Circle each question on the questionnaire that relates to baby cues.
- 2. Write what you might ask this parent to learn more about her baby's behavior?
- 3. Write what you might say to affirm what the parent has told you?
- 4. Write one Baby Behavior message that you might share with the parent about her baby's cues.

BABY NUTRITION QUESTIONS (BIRTH-5 MONTHS)

BABY'S NAME: Jayden

This baby is healthy & growing well!

AGE: 14 Weeks

Please answer the following questions:	
1. How are you feeding your baby?	Both
What questions do you have about breastfeeding, or about how your baby is eating or growing? He's growing great	
3. How is your baby's feeding going for you? ONot good OSometimes okay ORay OPretty good	reat
4. In the last 24 hours (day & night) how many wet diapers did your baby have? 6 How many dirty (poopy) diapers did your baby have? 3 Describe your baby's poop (below), mark all that apply Color: O Black & Sticky 4 Required to Cronich O Vellovich & Scody O Other	y.
Color: ○ Black & Sticky Brownish to Greenish ○ Yellowish & Seedy ○ Other Texture: ○ Firm ○ Hard & Pebbly Soft ○ Watery ○ Other 5. How do you know your baby is hungry and ready to eat? When it is meal time	
6. How do you know your baby is full? When he falls asleep	
7. Are you concerned that your baby is crying too much?	No
8. Are you concerned that your baby is not sleeping enough or sleeping too much?	No
9. Who helps you at home? Partner	
10. If you are breastfeeding, please answer these questions: How many times in 24 hours (day and night) do you breastfeed? Does your baby seem satisfied after breastfeeding? How long (months) do you plan to breastfeed?	.2+ No
11. If you are giving formula, please answer these questions: Did you ever breastfeed this baby? ONO Yes, when was the last time? 3 days old How often does your baby take a bottle of formula? about 12 times-a-day How many ounces of formula does your baby drink at a feeding? 4 to 8 oz What brand of formula do you give your baby? enfamil lipil Explain how you make the formula 1 scoop per 2 oz of water Where are all the places your baby takes a bottle? OBed OStroller OCar seat Held by someone OOther	
12. Does your baby eat or drink anything besides breastmilk or formula? ○ Nothing else ○ Water ○ Water with ○ Juice ○ Tea ○ Cereal ○ Other foods ● Other Tastes of what we are eating	
13. Does your baby get: ○ Vitamin drops ○ Fluoride ○ Iron drops ○ Medicine ● None ○ Other	
14. Does your baby have: ○ Allergies ○ Wheezing ○ Rash ○ Constipation ○ Diarrhea ○ Colic ● None ○ Other	
15. When is your baby's next doctor's appointment? Two Weeks	



BABY NUTRITION QUESTIONS (BIRTH-5 MONTHS)

Alyssa The baby is healthy and growing well! 3 weeks

P	lease answer the following questions:
1	. How are you feeding your baby?
2	What questions do you have about breastfeeding, or about how your baby is eating or growing? My baby is always fussy after breastfeeding and wakes up all night to feed
	. How is your baby's feeding going for you? □ Not good □ Sometimes okay ■ Okay □ Pretty good □ Great
4.	In the last 24 hours (day & night) how many wet diapers did your baby have? 6-8
	How many dirty (poopy) diapers did your baby have? 2-3 Describe your baby's poop (below), mark all that apply.
	Color: ○ Black & Sticky ○ Brownish to Greenish ● Yellowish & Seedy ○ Other
	Texture: ○ Firm ○ Hard & Pebbly ■ Soft ○ Watery ○ Other
5.	How do you know your baby is hungry and ready to eat? She eats every 3 hours
	Finished her bottle or falls asleep How do you know your baby is full?
7.	Are you concerned that your baby is crying too much? ■ Yes ○ No
	Are you concerned that your baby is not sleeping enough or sleeping too much?
9.	Who helps you at home? My Husband
1	O. If you are breastfeeding, please answer these questions: How many times in 24 hours (day and night) do you breastfeed? 1 2 3 4 5 6 7 8 9 10 11 12 12+ Does your baby seem satisfied after breastfeeding? As long as I have milk
1	1. If you are giving formula, please answer these questions: Did you ever breastfeed this baby? O No Yes, when was the last time? How often does your baby take a bottle of formula? After breastfeeding How many ounces of formula does your baby drink at a feeding? What brand of formula do you give your baby? Enfamil Premium Explain how you make the formula 2 oz water per 1 scoop Where are all the places your baby takes a bottle? O Bed O Stroller O Car seat Held by someone O Other
1	2. Does your baby eat or drink anything besides breastmilk or formula? ■ Nothing else ○ Water ○ Water with
1	3. Does your baby get: ○ Vitamin drops ○ Fluoride ○ Iron drops ○ Medicine ● None ○ Other
1	4. Does your baby have: ○ Allergies ○ Wheezing ○ Rash ○ Constipation ○ Diarrhea ○ Colic ● None ○ Other
1	5. When is your baby's next doctor's appointment? in 1 week



Wrap Up

Think about what we learned today. Discuss with a partner one thing you will try at our WIC site.







Questions???



Evaluations