



Washington State WIC Nutrition Program

Additional Baby Behavior Energizers

These “Energizers”:

- Will give you an opportunity to refresh your skills and build your confidence talking about Baby Behavior Cues messaging with your clients
- Will benefit all WIC staff doing direct client services (including clerks)
- Include a variety of activities to accommodate all learning styles
- Can be completed alone, as well as in a 1:1 or group setting
 - For example, in place of a facilitated group discussion, complete the activity and answer the discussion questions with one of your co-workers
- Range in time from 15 minutes to a few hours
- Are optional.

How to use these Energizers:

- View the videos and training activities before completing the case studies/scenarios. This will refresh your skills and knowledge.
- We encourage you to send us your Baby Behavior stories about successful 1:1 client visits, group education, TLC sessions, etc. Tell us what has worked for you so we can all learn from one another.

Case Studies	Activity	Discussion Questions
<ul style="list-style-type: none"> • Print the “Additional Case Studies” document before doing the activity • Cut the document (on the dashed lines) into 3 separate case studies. 	<ul style="list-style-type: none"> • Facilitate this activity with a small group of staff. • Break group into pairs to practice counseling using each case study. • Each pair will receive a case study with a question(s) to answer. • Using your available handouts, come up with a short 30-second answer to your case study (5 minutes to write answer). • Share the case studies and answer with the larger group. 	<p>The questions are printed on the “Additional Case Studies” document.</p>
DVD video clips talking points		Description
<p>Print the “Prenatal Talking Points Using Class Clips”</p> <p>Print the “Early Infancy Talking Points Using Class Clips”</p>	<p>Class clip talking points can be:</p> <ul style="list-style-type: none"> • Used during one-to-one client education, e.g. a 2C, or longer appointment, or as an introduction to a TLC group session • Modified to your own specific clinic needs. 	

Loving Support Curriculum and Baby Behavior	Activity
Loving Support Peer Counseling Platform Module 10 -Talking with mothers about breastfeeding in the first month	<ol style="list-style-type: none"> 1. Print the document “Loving Support Curriculum and Baby Behavior” 2. Insert the Loving Support USB into your computer’s USB port 3. Go to the Peer Counselor Curriculum folder 4. Open the Peer Counselor Speaker Notes folder and print out the Module 10 speaker notes 5. Go back to the WIC PC Platform folder and double click on the folder 6. Once you open up the folder, scroll all the way down and double click on “START.pptm to open up the curriculum 7. Click Enable Content (yellow ribbon on top) 8. To open up the slideshow, click on the small projector on the bottom right hand corner, then click start and go to Module 10 9. Follow the instructions on the document you printed in Step 1.
Readings	Description
Fit WIC Baby Behavior Study – “Helping you understand your baby”	<ul style="list-style-type: none"> • Between 2006 and 2009, California WIC partnered with the UC Davis Human Lactation Center to investigate why inappropriate feeding practices among participants persist despite extensive infant-feeding education offered by WIC. • The FitWIC study found that when parents learn about normal infant behavior they feel more confident about meeting their infants’ needs. • This results in more mothers exclusively breastfeeding their children, and when formula is used there is less overfeeding. • Staff from the Human Lactation Center developed a curriculum and educational tools to help WIC families and staff members understand more about normal baby behavior.
UC Davis Human Lactation Center Research	Read about current research, past research.

Readings	Description
UC Davis Human Lactation Center: <ul style="list-style-type: none"> • The Baby Behaviorist – A Baby Behavior Blog for Professionals 	<ul style="list-style-type: none"> • This blog has not been updated since 2012, but it does contain many interesting articles. • Those who work with babies and their families can learn from the ever growing body of literature related to infant growth and development. • This blog shares classic and recent research in the areas of infant feeding and behavior to help families have more realistic expectations for their infants' behavior and support informed infant feeding decisions.
UC Davis Human Lactation Center: <ul style="list-style-type: none"> • Secrets of Baby Behavior – a Baby Behavior blog for moms 	<ul style="list-style-type: none"> • This blog shares stories from moms who have been in the trenches (and in the classroom), who understand what other moms are going through and what their baby is trying to tell them. • UC David Human Lactation Center shares their knowledge and experience with moms and hopes they share their ideas and questions with them.
Baby Behavior TLC (Talk, Listen, Connect) Group Education - steps to get started:	
1. Talk to staff at your clinic who may have attended the regional TLC training (2015) for guidance	
2. Read “ What is Talk, Listen, Connect? ”	
3. Read “ Tips for Getting Started with Talk, Listen, Connect Sessions ”	
4. Read the “ Talk, Listen, Connect - Facilitator Tips ”	
5. Review your OARS skills – WIC Connects Training Materials: Participant Centered Education (LMS) or Energizers 1-4	
6. Review the sample: “Baby Behavior TLC session - pregnant woman”	
7. Print the “Baby Behavior TLC Session Planning Worksheet” and create your own session	

Trainings	Description
<p>Baby Behavior Online Course</p> <ul style="list-style-type: none"> • Time: About 2.5 - 3 hours to complete. • Consists of 9 modules. • Staff work at their own pace. They can stop the course and come back to the same place later. • Is self-guided, interactive and includes a post-test. Completing the post-test with a score of 80% or better means staff pass the course. • Focuses on breastfeeding. However, we encourage you to share this information with all parents. Learning to read baby cues is helpful whether the baby is breastfed or formula fed. 	<p>This course will help you learn:</p> <ul style="list-style-type: none"> • The “secrets” of baby behavior from birth to six months, such as how babies communicate with caregivers so their needs are met, how healthy babies sleep, why babies cry, and the importance of physical activity. • How to talk with parents about these “secrets”. These “secrets” are actually information that has been around for a long time, but somehow has been lost in our busy lives. • Why understanding normal, healthy baby behavior can influence parents’ feeding decisions and reduce their children’s risk for childhood obesity. • Note that throughout this course the words “caregivers” and “parents” are used interchangeably. Even when we say “parents,” the information is generally relevant to anyone who is caring for a baby.
<p>WLOL Module: WIC Baby Behavior Basics Course:</p> <p>WIC Learning Online offers an online course titled, “<i>WIC Baby Behavior Basics</i>”.</p> <p>Time: 1.5 hours</p> <ul style="list-style-type: none"> • Staff can access this course via the following link: http://wicworks.nal.usda.gov/wic-learning-online. 	<ul style="list-style-type: none"> • The content of this course is based on the work of the California WIC Program’s “Fit WIC Baby Behavior Study”. Additional content was derived from the online modules developed by the Arizona State WIC Program. • How is this course different from the WA WIC Baby Behavior online course? <ul style="list-style-type: none"> ○ It’s optional. It doesn’t replace the 2.5 hour WA WIC Baby Behavior online course which is required for all new staff to complete within their first year of employment. ○ Module 3, “Using Baby Behavior at WIC” contains information on “One-On-One Counseling Scenarios” and using “Baby Behavior in Group Education Classes” which would be particularly helpful for WIC staff.
<p>Prenatal education - Staff training and group education (scroll down to Baby Behavior and click the link)</p> <p>Time: 1-2 hours</p>	<p>These materials:</p> <ul style="list-style-type: none"> • Can be used by WIC staff to train new or existing staff and for facilitating client group education. • Will help staff develop and strengthen their Baby Behavior skills and build their confidence through applying their Baby Behavior knowledge as it relates to baby cues, crying, and sleep.

Trainings	Description	
<p>Early infancy education – Staff training and group education (scroll down to Baby Behavior and click the link)</p> <p>Time: 1 hour</p>	<p>These materials:</p> <ul style="list-style-type: none"> • Can be used by WIC staff to train new or existing staff and for facilitating client group education • Will help staff develop and strengthen their Baby Behavior skills and build their confidence through applying their Baby Behavior knowledge as it relates to baby cues, crying, and sleep. 	
Videos	Activity	Discussion Questions
<p>"Getting to know your baby"</p> <ul style="list-style-type: none"> • Video time: 16:41 • Total time: 30 minutes – 1 hour depending on your discussion time. • Contains a chat with Dr. Jane about baby cues, crying and sleep. <p>This video was developed by the California Baby Behavior Campaign in collaboration with UC Davis Human Lactation Center.</p>	<ul style="list-style-type: none"> • Watch this video, either in a group or alone. • Think about how you'd answer the questions to the right. 	<p>Parents might ask you the following questions. How would you answer them?</p> <ul style="list-style-type: none"> • Why won't my baby sleep through the night? • When will she sleep through the night? • He's only 6 days old, how can I get a little more sleep? • How can I tell what my baby really wants? • I heard that there is a special cry when babies are hungry. Is that true? <p>I heard that if you hold a baby too much, they'll get spoiled and get used to it? Is that true?</p>
<p>MCH Topics Webinar: Obesity Prevention in Infancy</p> <p>Time: 1:02:24</p>	<p>Overview:</p> <ul style="list-style-type: none"> • In this engaging webinar, Dr. Heinig discusses research conducted by her team at the University of California Davis related to barriers to breastfeeding based on myths surrounding infant behavior. • Dr. Heinig also reviews an intervention aimed at overcoming some of these barriers and myths that were implemented in California. 	



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