



# 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.

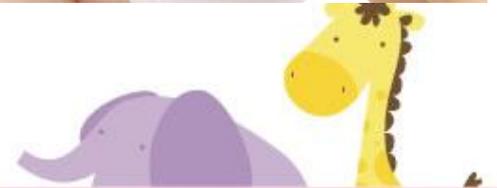


# Why WIC teaches Baby Behavior...



# Why WIC teaches Baby Behavior...

**Being a new parent is stressful!**



# Two Ways of Coping with Stress

**Problem Management**

**Emotional Regulation**

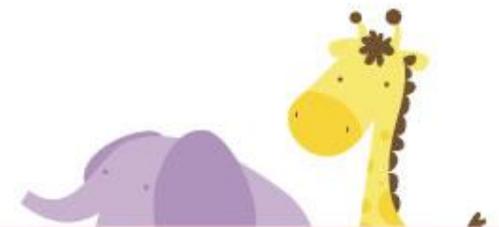


# Two Ways of Coping with Stress

## Problem Management

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

## Emotional Regulation



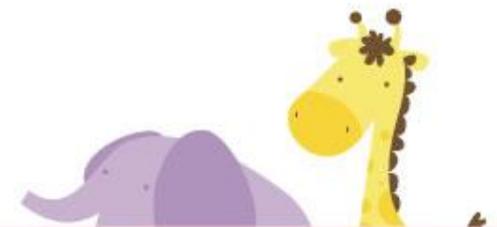
# Two Ways of Coping with Stress

## **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.



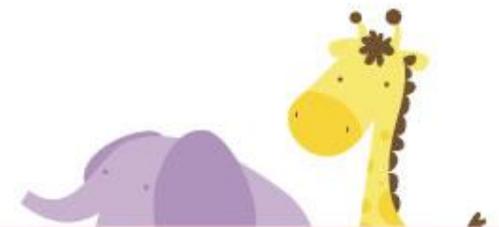
Example: Mom is frustrated and confused about her baby's crying.

## 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.

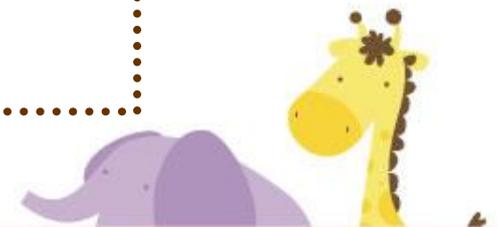
## Problem Management

- 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

## INFANT STATES

BIRTH to 6 MONTHS



	<b>CRYING</b> <ul style="list-style-type: none"> <li>Tears</li> <li>Jerky movements</li> <li>Color changes</li> </ul>	<ul style="list-style-type: none"> <li>Muscle tension</li> <li>Rapid breathing</li> <li>Generally doesn't respond quickly</li> </ul>
	<b>IRRITABLE</b> <ul style="list-style-type: none"> <li>Lots of movement</li> <li>Irregular breathing</li> <li>Eyes open, but not focused</li> </ul>	<ul style="list-style-type: none"> <li>Sometimes fussy</li> <li>Sensitive to body and surroundings</li> <li>Common before feeding</li> </ul>
	<b>QUIET ALERT</b> <ul style="list-style-type: none"> <li>Little body movement</li> <li>Eyes wide open</li> <li>Steady, regular breathing</li> <li>Very responsive</li> </ul>	<ul style="list-style-type: none"> <li>Wants to play and interact</li> <li>Requires energy and can make babies tired</li> </ul>
	<b>DROWSY</b> <ul style="list-style-type: none"> <li>Variable movement</li> <li>Irregular breathing</li> <li>Opens and closes eyes</li> </ul>	<ul style="list-style-type: none"> <li>Tired eyes</li> <li>Delayed reaction time</li> </ul>
	<b>LIGHT SLEEP (ACTIVE SLEEP)</b> <ul style="list-style-type: none"> <li>Some movement</li> <li>Irregular breathing</li> <li>Facial movement</li> </ul>	<ul style="list-style-type: none"> <li>Rapid eye movement (REM)</li> <li>Easily awakened and startled</li> </ul>
	<b>DEEP SLEEP (QUIET SLEEP)</b> <ul style="list-style-type: none"> <li>No body movement</li> <li>Regular breathing</li> <li>Bursts of sucking</li> </ul>	<ul style="list-style-type: none"> <li>Not easily awakened</li> </ul>

© 2015 PUBLIC HEALTH NARRAGANSETT COUNTY DEPARTMENT OF PUBLIC HEALTH. ALL RIGHTS RESERVED.  
 A DIVISION OF THE U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES



## Infant CUES

BIRTH to 6 MONTHS



**ENGAGEMENT**  
*"I want to be near you."*



**DISENGAGEMENT**  
*"I need something to be different."*

<b>ENGAGEMENT CUES</b> <ul style="list-style-type: none"> <li>eyes open</li> <li>looks intently at your face</li> <li>follows your voice and face</li> <li>smiles</li> <li>relaxes face</li> <li>smooth body movements</li> <li>feeding sounds</li> <li>rooting</li> </ul>	<b>DISENGAGEMENT CUES</b> <ul style="list-style-type: none"> <li>turns or looks away</li> <li>pushes away or arches back</li> <li>cries</li> <li>coughs</li> <li>extends fingers with a stiff hand</li> <li>yawns or falls asleep</li> <li>grimaces</li> <li>has a glazed look</li> </ul>
<b>CAREGIVER/PARENT RESPONSE</b> Time to play or feed (if baby shows hunger cues).  Remember, playing is hard work for baby and baby tires easily.	<b>CAREGIVER/PARENT RESPONSE</b> Play detective and follow the cues to figure out what needs to be different.

© 2015 WIC Program, California Department of Public Health. This material is an equal opportunity poster.  
 WIC, UIC, and the California Department of Public Health are not responsible for any damage or injury that may occur as a result of using this material.  
 2015-01-01-000000  
 A collaboration with the UC Davis Women's Leadership Center








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

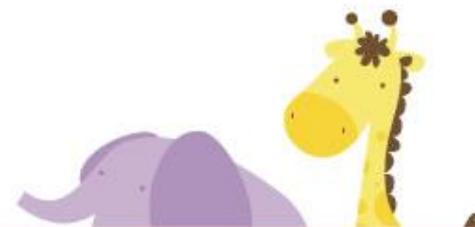
- What was the baby doing in the video clip?
- How did the mom react?
- What did the counselor do?



# 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 alert/looks so healthy.
- Look at her...how sweet...
- That's really great that you have your baby close to you (affirm).

#### RECOGNIZE:

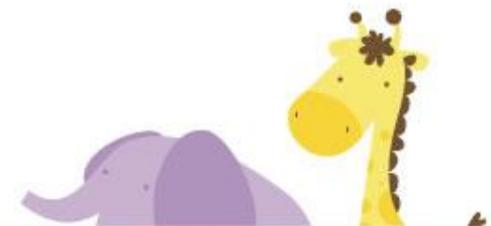
- Aren't babies amazing! They can tell us what they want by the way they look and act.
- Every baby is different, but I think your baby might be telling you...
- What do you think your baby is telling you?
- What do you think your baby needs right now?
- You really seem to know what your baby is telling 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 back WIC Program, California Department of Public Health  
This publication is an equal opportunity provider.  
www.wicnet.org/wicnet/behavioral/parents/101016  
in cooperation with the UC Davis Human Lactation Center



# 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?"



# Scenario 1

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."



## Scenario 2

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**.



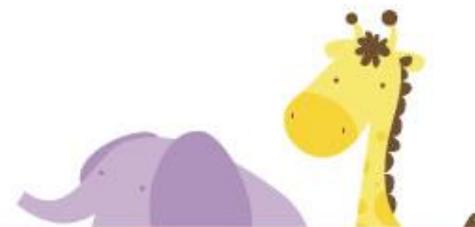
## Scenario 3

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.



# Scenario 4

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:

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:

- How are you feeding your baby?  Breastmilk  Formula  Both
- What questions do you have about breastfeeding, or about how your baby is eating or growing?  
He's growing great
- How is your baby's feeding going for you?  Not good  Sometimes okay  Okay  Pretty good  Great
- 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:  Black & Sticky  Brownish to Greenish  Yellowish & Seedy  Other  
Texture:  Firm  Hard & Pebbly  Soft  Watery  Other
- How do you know your baby is hungry and ready to eat? When it is meal time
- How do you know your baby is full? When he falls asleep
- 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?  Yes  No
- Who helps you at home? Partner
- 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?  Yes  No  
How long (months) do you plan to breastfeed? \_\_\_\_\_
- If you are giving formula, please answer these questions:  
Did you ever breastfeed this baby?  No  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?  Bed  Stroller  Car seat  Held by someone  Other \_\_\_\_\_
- 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
- Does your baby get:  Vitamin drops  Fluoride  Iron drops  Medicine  None  Other \_\_\_\_\_
- Does your baby have:  Allergies  Wheezing  Rash  Constipation  Diarrhea  Colic  None  Other \_\_\_\_\_
- When is your baby's next doctor's appointment? Two Weeks



**BABY NUTRITION QUESTIONS (BIRTH-5 MONTHS)**
 BABY'S NAME: Alyssa **The baby is healthy and growing well!** AGE: 3 weeks

Please answer the following questions:

- How are you feeding your baby?  Breastmilk  Formula  Both
- 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
- 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
- How do you know your baby is hungry and ready to eat? She eats every 3 hours
- How do you know your baby is full? Finished her bottle or falls asleep
- 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?  Yes  No
- Who helps you at home? My Husband
- 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?  Yes  No  
How long (months) do you plan to breastfeed? As long as I have milk
- If you are giving formula, please answer these questions:  
Did you ever breastfeed this baby?  No  Yes, when was the last time? Today  
How often does your baby take a bottle of formula? After breastfeeding  
How many ounces of formula does your baby drink at a feeding? 2 oz  
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?  Bed  Stroller  Car seat  Held by someone  Other \_\_\_\_\_
- Does your baby eat or drink anything besides breastmilk or formula?  Nothing else  Water  Water with \_\_\_\_\_  
 Juice  Tea  Cereal  Other foods  Other \_\_\_\_\_
- Does your baby get:  Vitamin drops  Fluoride  Iron drops  Medicine  None  Other \_\_\_\_\_
- Does your baby have:  Allergies  Wheezing  Rash  Constipation  Diarrhea  Colic  None  Other \_\_\_\_\_
- 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

