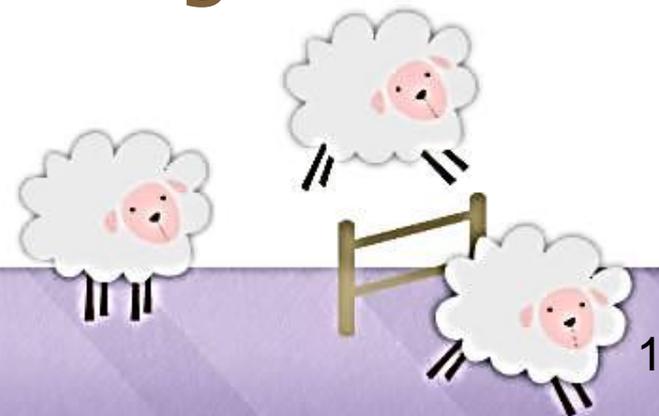




Sleep

Staff Refresher Training Module 3



Agenda

- Review Crying Take Home Activity
- What Parents Say about Infant Sleep
- Sleep Messages
- Responding to Sleep Scenarios
- Baby Nutrition Questions Activity
- Sleep Take Home Activity
- Evaluation



Review Crying Take Home Activity

- What experience did you have with helping a parent calm a crying baby?
- What crying messages did you use?



What Parents Say about Infant Sleep

- Often, new parents feel frustrated by their baby's sleeping and waking
- Dr. Jane addresses a parent's question about her baby's sleep



What Parents Say about Infant Sleep

- List three situations or challenges that WIC parents report regarding their newborn baby's sleeping or waking
- Share these challenges with the larger group
- Do NOT discuss solutions at this time!



Healthy Sleep for Babies

Sleep Message Cards



Healthy  **SLEEP**  

for BABIES

New parents often have unrealistic expectations about how their babies should sleep. To get them to sleep longer or more often, parents may inappropriately feed their babies. WIC staff can help parents understand their babies' sleep and waking patterns, thus encouraging more appropriate feeding.

Babies sleep most in 2 types of sleep. Both types are important:

LIGHT SLEEP:

- During light sleep, babies dream. They may move and make noises. Their eyes may move under their eye lids and they may actually open and close their eyes. They awaken easily.
- Light sleep is important for babies. During light sleep, blood flow to the brain is increased. This is important for brain development.
- The ability to awaken easily is important for babies' health and safety.
- Ways to increase light sleep include breastfeeding, laying babies down on their backs to sleep, and offering pacifiers to formula fed babies before they fall asleep.

DEEP SLEEP:

- During deep sleep, babies are very still and do not move much. Their breathing becomes more regular. They are harder to wake up.
- They may still make sucking movements and might startle, but this will not wake them.
- Deep sleep is important for complete rest.



California **BABY** BEHAVIOR Campaign



Healthy Sleep for Babies

Sleep Messages

- Light Sleep
- Deep Sleep
- Wait to put young babies down
- Longest stretch of sleep
- Babies NEED to wake up
- Why babies wake at night
- Tips for sleepy parents



Practice Responding

Babies and Sleep Worksheet



Instructions:

- Work in pairs or small groups
- Choose 2 scenarios from the warm-up activity.
- Use your Healthy Sleep for Babies handout as a reference.
- Assume these babies are normal, healthy and thriving

Scenario:

What might you say to affirm the parent?

What additional questions would you ask the parent?

What baby sleep message would be helpful in this scenario? What might you say to the parent?

1



Practice Responding

Choose one scenario from the list generated earlier. Assume these babies are healthy, thriving, full-term newborns.

For each scenario:

- What might you say to affirm the parent?
- What questions might you ask the parent?
- What baby sleep message would be helpful? What might you say to the parent?



Baby Nutrition Questions Activity

STATE OF CALIFORNIA—Health and Human Services Agency California Department of Public Health, WIC Program

BABY NUTRITION QUESTIONS (BIRTH-5 MONTHS)

BABY'S NAME: Alyssa 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 & Soady 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: See 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 Whooping Rash Constipation Diarrhea Colic None Other _____
- When is your baby's next doctor's appointment? in 1 week

STAFF USE ONLY Date: _____ WIC Staff Name: _____
 Participant WIC ID#: _____ Length: _____ Weight: _____

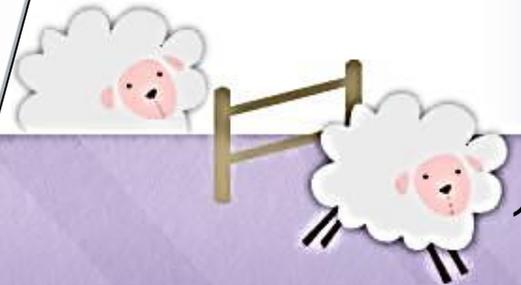
Baby Nutrition Questions Activity

Sleep



- Circle each question on the questionnaire that offers you an opportunity to start a conversation with the parents about baby sleep.
- Write what you might ask this parent to get more information about Alyssa's sleeping and waking.
- What might you say to affirm the parent?

Write one baby behavior message that you might share with this parent about her baby's sleep.



Baby Nutrition Questions Activity

- Circle each question related to sleep.
- What might you ask the parent?
- What you might say to affirm the parent?
- Write one Baby Behavior message you might share with this parent about her baby's sleep.



What are your questions?



Sleep Take Home Activity



Sleep Take Home Activity Sleep scenarios for WIC Staff

Instructions: Choose several situations from this list to do during the next month. On the back of this page, document briefly what you did and what happened. Be prepared to share your experiences at a future training or staff meeting.

- Observe a baby in a drowsy state
- Address a parent's concern about her baby not sleeping by explaining that infants sleep better at about 4 months, even without formula
- Explain to a parent how to recognize when her baby is dreaming, and why dreaming is healthy for babies
- Explain to a parent about light sleep and deep sleep
- Teach a parent about light sleep and why it is important
- Explain to a parent why waking is important to babies
- Teach a parent about the longest stretch of sleep for babies between birth and 6 months of age
- Help a parent, whose sleeping newborn awakens easily when laid down, to learn to wait to put her down until the baby is in deep sleep (between 20 - 30 minutes)
- Share "Tips for Sleepy Parents" with a parent
- Talk to a parent about how sleep patterns change as the baby gets older



Sleep Take Home Activity

- Look for opportunities to help parents understand their baby's sleep and waking patterns.
- Share your findings during your next staff meeting.



Evaluation

Thank you for
participating!!!

