

# Trainee Guidebook

## Arizona 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://www.train.org/arizona/welcome>
- 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 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?





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?



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:

