



Trainee Guidebook

Arizona WIC Training

Baby Behavior Guidebook



Training Notes

Module 1 Notes

1. What are some reasons why parents may not understand their infant's behavior?

Infant State	Signs that baby is in this state
Quiet sleep	
Active sleep	
Drowsy	
Quiet alert	
Irritable	

Infant State	Signs that baby is in this state
Crying	

What are some ways that caregivers can help their babies:

Transition to a more awake state	Transition to a more relaxed state

Module 2 Notes

1. In your own words, what are baby cues? Why are they important?

Cue Type	What the baby is trying to communicate	What the baby will do when giving this kind of cue	Ideal caregiver response to this cue
Engagement Cues	"I want to be near you"		
Disengagement Cues	"I need something to be different"		

2. Responding _____ to cues will _____ crying.

What are some ways that caregivers can help their infants calm down when crying?

3. What is persistent crying, and why does it happen?

4. Parents or caregivers should speak with _____ about their concerns related to persistent crying.

5. What are some tips that you can share with caregivers of infants who cry persistently?

Hunger Cues	Fullness Cues

6. Babies sleep _____ to _____ hours per day from 2-12 months, but not _____.

7. Infant sleep cycles are _____ minutes long, while adult sleep cycles are _____ minutes long.

Age	How long do babies this age spend in active vs quiet sleep?
Newborn	
2-3 Months	
3-4 Months	

	2-6 Weeks	6-8 Weeks	3 Months	6 Months
What sleep changes occur around this age?				

8. What are some reasons that infants may wake excessively?

Module 3 Notes

Step in Understanding Baby Behavior	What does this step involve?
Look	
Recognize	
Respond	

1. What is the best time to share information with caregivers about infant sleep?
2. What is the best time to share information with caregivers about infant cues?
3. What is the best time to share information about infant crying?

Suggested Sleep Messages	Suggested Infant Cues Messages	Suggested Infant Crying Messages
Babies need to dream and wake up throughout the day and night to be healthy.	Babies can tell caregivers what they want by using their bodies and noises- these are called cues.	Babies cry for many reasons, not just because they are hungry.
Babies wake less often as they get older.	Learning your baby's cues and how to respond to them will make you both happier.	Babies may take several minutes to calm down when they are upset.
Did you know that babies sleep 13-14 hours per day? Just not all at once!	Babies are not always hungry when they cry.	
The more they sleep during the day, the less they sleep at night.		

Practice Activities

Case Study 1

You are speaking with a PG participant and their partner. The baby is due in 3 weeks and they are looking forward to the baby arriving, but a little nervous because they are first-time parents and aren't sure exactly what to expect. They have heard that babies wake up all the time at night and are worried that their baby will do this.

1. What helpful information could you share with this family about infant sleep?

Case Study 2

You are speaking with Dorothea, the grandmother of baby David. He was placed in her home as a foster child at birth. She shares that it has been a while since she had infants and sometimes she has a hard time understanding what he needs.

1. What information could you share with Dorothea about infant cues?

Case Study 3

You are speaking with the mom of 1-month old Laken. She shares that she started offering formula a couple times a day two weeks ago. Laken has been crying a lot more than her previous babies so mom thought that Laken wasn't getting full on breast milk. However, she is concerned because Laken still cries for a few hours every evening and wonders if a different formula will help.

1. What educational messages could you share with this mom?

2. What referrals might this family benefit from?

Live Training Notes

Baby Behavior Post Test 06.2024

1. Baby James is squirming and a little fussy. His eyes are open, and his breathing is irregular.

Which state is he in?

- ☐ Crying
- ☐ Irritable
- ☐ Quiet Alert
- ☐ Drowsy
- ☐ Light Sleep
- ☐ Deep Sleep

2. Baby Mia is extending her fingers and holding her hands stiff. She is moving her hand to her ear and pushing away from her mother. What kind of cues is she giving?

- ☐ Engagement
- ☐ Disengagement
- ☐ Hunger
- ☐ Fullness

3. You are working with Marisa, who has a 3-week-old son named Marcos. Marisa says, “I don’t think I’m giving him enough milk. He is hungry all the time!” What is the best way to respond to start a conversation about baby behaviors?

- ☐ Babies need to eat frequently because their stomachs are so small.
- ☐ He looks like he’s gaining weight fine. I’m sure you have enough milk.
- ☐ How many wet and dirty diapers does he have each day?
- ☐ How does Marcos tell you that he’s hungry?

4. You are working with Julia, who has a 2-week old daughter named Emma. Julia says, “Whenever Emma falls asleep and I try to put her down in the crib, she wakes up! She never stays asleep unless I’m holding her.” What is the best way to respond to guide the conversation towards baby behaviors?

- ☐ She's probably not really asleep when you put her down. Sometimes babies seem asleep but aren't.
- ☐ Is there a lot of noise in the room when she falls asleep? Something might be waking her up.
- ☐ Newborns fall asleep in a light sleep state, which means they are very easily awakened right after they fall asleep. You'll know she's in a light sleep state because she is moving or her eyes or face twitch. Try holding her for 15 or 20 minutes until she stops moving. Once she is in a deep sleep state, you can lay her down without waking her up.
- ☐ It's really hard having a newborn, I know. Just hang in there. As she gets older, she'll sleep more, and it will get easier.

5. Tiffany and Raymond's baby, Michael, is 2 months old. Raymond says, "We've tried everything- rocking, bouncing, singing, humming- and he's still crying." What is the best way to respond to guide the conversation towards baby behaviors?

- ☐ Michael may be overstimulated from too many different actions. Try repeating one action over and over. It may take a few minutes because he is so upset, so stick with one thing for a while before trying something else.
- ☐ Do you think he is too warm? Maybe you should try taking that blanket off of him.
- ☐ Does this happen often? Maybe Michael isn't getting enough to eat.
- ☐ Babies are social and are driven to learn. They get upset by anything that gets in the way of their learning and interaction.

6. Lin is concerned that her 7-week-old baby, Jia, wakes up often in the night. She says her sister's baby slept through the night better with formula, so she is thinking about stopping breastfeeding. What is the best way to respond to guide the conversation towards baby behaviors?

- ☐ Babies need to wake up frequently to get their needs met. Their stomachs are tiny, and they need to eat often whether they are fed formula or breast milk.
- ☐ You should talk to her doctor. She should be sleeping through the night by now, so something might be wrong.

- ☐ Babies have two sleep states: light sleep and deep sleep. Light sleep is when babies dream. Dreaming is very important for their development.
- ☐ Try feeding her more before she goes to sleep so she can sleep through the night.

7. Marla brings her newborn, Jordan, into the office. Marla says, “I don’t think I have enough milk. 10 minutes after I feed Jordan, he’s fussy and hungry again.” What is the best way to respond to start a conversation about baby behaviors?

- ☐ He shouldn’t need to eat that often. Babies only need to feed 8-12 times in 24 hours.
- ☐ Isn’t it amazing how babies can tell us what they need through their bodies and noises? I think Jordan is telling you that he needs to eat more often.
- ☐ Maybe you could try offering both breasts at every feeding.
- ☐ How does Jordan let you know he is hungry before you feed him?

8. Liz says, “My baby cries all the time. (Liz puts a bottle in her crying baby’s mouth.) What can I do to keep her quiet?” What is the best way to respond to guide the conversation towards baby behaviors?

- ☐ Feeding her like you’re doing will work. Babies can’t cry with bottles in their mouths.
- ☐ Babies communicate with us through their bodies and noises. They can tell us when they are hungry or full, and when they want to interact or want something to be different. Responding to their cues early can reduce crying. What cues do you see before your baby cries?
- ☐ Do you always give her a bottle when she cries? You’re probably feeding her too much and that’s why she’s crying.
- ☐ Crying is a late sign of hunger, so you should feed her before she cries. What do you think about setting a timer to make sure she eats every 3 hours?

9. Ethan really enjoys playing with his son Zak. However, he is worried because sometimes Zak suddenly starts crying after he’s been happily playing for several minutes. What is the best way to respond to guide the conversation towards baby behaviors?

- ☐ I’m really worried about this. Babies love to play and interact, and it shouldn’t make him cry. I think you should talk to your doctor to see if something is wrong.

- ☐ It's great that you are spending time playing with Zak and trying to understand what he's communicating to you. Babies really like to play, but it's hard work for them to stay alert and focused for very long. Watch for Zak to give disengagement cues like turning away or putting his hands to his ears. If you see those cues, try giving him a little break.
- ☐ Babies really like to play, but it's hard work for them to stay alert and focused on one thing for very long. Try varying how you are playing with him, by using different toys or actions. That will help him switch focus so he doesn't have to pay attention to the same thing for too long.
- ☐ Every baby is different and they don't all like to play the same way. Try to figure out the things he likes to do and you shouldn't have any more problems.

10. Shannon is concerned about her baby Olivia's behavior. "Every afternoon from 4 until 6, she cries and needs to be held and rocked. I've tried putting her in the swing with all the lights and music to play with, or having her older sister entertain her when she gets home from school. It just doesn't seem to be making a difference." What is the best way to respond to guide the conversation towards baby behaviors? [Slide 3.10 Helping Parents Respond to Cues]

- ☐ Olivia probably wants to play and interact. She has missed everyone who has been gone at school and work all day. Babies are meant to be social and learn.
- ☐ Have you tried cluster feeding or giving her more to eat so she sleeps through this time of the afternoon each day?
- ☐ Olivia might be overstimulated with everyone coming home. Take a look around and find ways to reduce how much Olivia has to see, hear, or smell right around that time. You might want to try turning off the TV, turning off the lights and music on the swing, or asking her sister to play quietly until after dinner. She'll get better at handling big changes when she's older.
- ☐ What other cues do you see when she is crying? Is she giving engagement or disengagement cues?

11. Tanya is worried that her baby will bother other people in the waiting area. She feeds her baby every time the baby makes a noise even when she knows that the baby is not hungry. Which step needed for a successful baby-caregiver interaction is affected by her concern?

- ☐ Look.
- ☐ Recognize.
- ☐ Respond.
- ☐ This behavior is not related to any of the steps.

12. A co-worker asks you if you think it is useful to talk to parents about babies' sleep patterns before their babies are born. How would you respond?

- ☐ No, it is better to share messages about sleep with parents when their babies are in the room.
- ☐ Yes, parents need to know everything about child development before their baby is born.
- ☐ Yes, because unrealistic expectations can increase parents' stress and affect their infant feeding decisions, some topics like sleep patterns and crying should be shared with parents before their babies are born.
- ☐ Yes, but it's better to share these messages only when parents ask specific questions. We don't want to overwhelm them.

13. Hannah is a new mother of a 2-month-old baby boy, Joshua, who has been calm, alert, and looking around the clinic during her appointment. You notice that the baby puts his head down on her shoulder for a moment, looks up again, then blinks a few times. What do you expect Joshua to do in the next few minutes?

- ☐ He will show more cues that show he needs to rest because being alert is hard work for babies.
- ☐ He will look around more often because babies want to learn from those around them.
- ☐ He will cry to let his mother know he is hungry.
- ☐ He will start wiggling because his mother is not paying enough attention to him.