



IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

Idaho WIC Training **Baby Behavior**



What Will You Learn?

Would you like to do more to help the families you work with make better infant feeding decisions? This course will help you understand baby behavior in healthy, full-term babies from birth to six months. Learn why understanding baby behavior can help parents make better feeding decisions and reduce their child's risk of childhood obesity.

Instruction Level

- Prerequisite for taking the Baby Behavior course: PCE course modules

Items Needed for this Course

- Login information to the TRAIN Idaho website: <https://www.train.org/idaho/welcome>

Note: Arizona WIC developed and hosts this course. Any issues with the LMS modules will need to be communicated to the Idaho WIC State Office so that they can notify Arizona WIC.

Recommended Time

- Approximate time it takes to complete the Baby Behavior LMS course: 4-5 hours
- Approximate time it takes to complete the face-to-face activities and discussion: 3-4 hours

Modules 1 & 2: Introductions to Baby Behavior & Just Being Themselves

Begin the LMS Baby Behavior Course. Please complete the steps in the following order:

- Access the course from the TRAIN Idaho website
<https://www.train.org/idaho/welcome>
- Search for the Baby Behavior Course and select/launch “Baby Behavior Online Course - Idaho WIC”
- Complete Module 1: Introduction—Welcome to Baby Behavior
- Answer the questions in Activity 1 (below)
- Complete Module 2: Just Being Themselves
- Meet with your trainer to discuss Modules 1 and 2 and Activity 1



Complete Activity 1

Emotional Regulation

Emotional regulation is an important topic to discuss before counseling WIC participants on Baby Behaviors. When parents perceive it is not possible to solve their own problem, they focus on controlling their emotions and they try to talk themselves into feeling better instead of addressing the problem. This kind of response is called “emotional regulation.” Controlling emotions instead of managing problems is something we all do when we feel no solutions are possible.

1. Think back to the Baby Behavior LMS course when the driver was supposed to meet someone but unexpectedly got stuck in traffic in an unfamiliar area without a phone or GPS. Tell me about a time you felt like this driver stuck in traffic.
2. How might emotional regulation relate to working with WIC moms?
3. How does emotional regulation relate to Baby Behavior?
4. Why is it important to know people do this when you’re working with a mom or caregiver?
5. How might a WIC employee perceive the Baby Behavior information if they didn’t follow the guidelines with their children?

Modules 3 & 4: Baby Cues and Crying & Sleepy Time

Learner's Steps:

Return to the LMS Baby Behavior Course. Please complete the steps in the following order:

- Access the course from the TRAIN Idaho website
<https://www.train.org/idaho/welcome>
- Search for the Baby Behavior Course and select/launch "Baby Behavior Online Course - Idaho WIC"
- Complete Module 3: Baby Cues and Crying
- Complete Activity 2 and discuss with your trainer
- Complete Module 4: Sleepy Time
- Meet with your trainer to discuss Modules 3 and 4



Complete Activity 2

1. During the 'Recognize Cues' activity please list the things you noticed about the infants that helped you to decide if it was an 'Engagement Cue' or a 'Disengagement Cue' (reference the 'Recognize Cues' activity again if you need a refresher).

Engagement	Disengagement

2. How might some of these engagement/disengagement cues be confusing for parents?

Learner's Steps:

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- Access the course from the TRAIN Idaho website
<https://www.train.org/idaho/welcome>
- Search for the Baby Behavior Course and select/launch "Baby Behavior Online Course - Idaho WIC"
- Complete Module 5: Physical Activity
- Complete Module 6: Infant Feeding Misinformation
- Complete Module 7: Support for Caregivers
- Complete Baby Behavior Activity 3.
- Meet with your trainer to discuss Modules 5, 6, and 7



Complete Activity 3

Read through each scenario and answer the questions. Have your trainer review your answers and discuss the questions.

Scenario #1

Who: Pregnant woman (32 weeks gestation)

WIC Counselor: "How do you plan to feed your baby?"

Woman: "I'm not sure about breastfeeding. I think I want to formula feed because my sister's baby slept through the night at 1-week-old, and I'm sure it's because she gave her formula before bedtime. I'm going to be so tired because I have no one to help me get up with the baby at night."

1. Respond with a reflection about Mom's concern:
2. Which baby behavior(s) is related to this mom's concern?
3. In addition to your other assessment questions, what probing questions can you ask to start a discussion about the baby behavior related to this mom's concern?
4. After you've completed the mom's assessment, what are some baby behavior messages you might be able to offer this mom?

Scenario #2

Who: Mother of an 8-week-old infant

WIC Counselor: “How is breastfeeding going?”

Mom: “I just don’t know if I can keep up with my baby. She is just 8 weeks old, but I feel like I breastfeed all day long! I’m constantly feeding her when she cries and fusses, which is frequently.”

1. Respond with a reflection about Mom’s concern:
2. Which baby behavior(s) is related to this mom’s concern?
3. In addition to your other assessment questions, what probing questions would tell you more about the baby behavior?
4. After you’ve completed the assessment, what are some baby behavior messages you might be able to offer this mom?

Scenario #3

Who: Father of an 8-week-old baby boy

WIC Counselor: “Share with me how your baby is eating?”

Dad: “He eats plenty, but I feel frustrated because his sleep schedule is all over the place. What can I do to help him sleep on a better schedule?”

1. Respond with a reflection about Dad’s concern.
2. Which baby behavior(s) is related to this dad’s concern?
3. In addition to your other assessment questions, what probing questions can you ask to start a discussion about these behaviors?
4. After you’ve completed the assessment, what are some baby behavior messages you might be able to offer this dad?

Scenario #4

Who: Combination feeding (both formula and breastfeeding) WIC mom and her infant.

WIC Counselor: “Tell me a little bit about feeding your baby; how do you feel about it?”

Mom: I enjoy breastfeeding, but it doesn’t keep him full. Since my baby wasn’t sleeping and cried all the time, I started using formula at night. I heard babies sleep better when they’re fed formula.

1. Respond with a reflection about Mom’s concern.
2. What baby behavior(s) is related to this mom’s concern?
3. In addition to your other assessment questions, what probing questions would tell you more about baby behaviors?
4. After you’ve completed the assessment, what are some baby behavior messages you might be able to offer this mom?

Scenario #5

Who: A WIC mom who has just shared that she is struggling with breastfeeding her baby.

WIC Counselor: “How is latching going with your baby?”

Mom: I don’t understand why my baby doesn’t try to latch when I put her to the breast. My baby doesn’t open her mouth very wide, like she doesn’t want it.

1. Respond with a reflection about Mom’s concern.
2. What baby behavior(s) is related to this mom’s concern?
3. In addition to your other assessment questions, what probing questions would tell you more about baby behaviors?
4. After you’ve completed the assessment, what are some baby behavior messages you might be able to offer this mom?

Scenario #6

Who: Breastfeeding mom with a 4-day old baby who is worried about her milk supply.

WIC Counselor's Invite: Will you share with me your concerns about your milk supply?

Mom: My breasts don't feel like they have any milk in them and it makes me nervous because I want to breastfeed. Mothers should have lots of milk in their breasts right away after giving birth, right?

1. Respond with a reflection about Mom's concern.
2. What baby behavior(s) is related to this mom's concern?
3. In addition to your other assessment questions, what probing questions would tell you more about baby behaviors?
4. After you've completed the assessment, what are some baby behavior messages you might be able to offer this mom?

Scenario #7

Who: A WIC mom who is using a pump to collect her breastmilk. This mom is giving her 6-day old baby both breastmilk in a bottle and formula.

WIC Counselor: How is feeding your baby going so far?

Mom: I know breast milk is the best and I planned to breastfeed as soon as I knew I was pregnant. But in the hospital, my baby was given formula. I heard once newborns are given a bottle, they can never go back to breastfeeding.

1. Respond with a reflection about Mom's concern.
2. What baby behavior(s) is related to this mom's concern?
3. In addition to your other assessment questions, what probing questions would tell you more about baby behaviors?
4. After you've completed the assessment, what are some baby behavior messages you might be able to offer this mom?

Modules 8 & 9: Caregiver Infant Interactions & WIC Essential Roles

Learner's Steps:

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- Search for the Baby Behavior Course and select/launch “Baby Behavior Online Course - Idaho WIC”
- Complete Module 8: Caregiver-Infant Interactions
- Complete Module 9: WIC Essential Roles
- Meet with your Trainer to discuss Modules 8 and 9