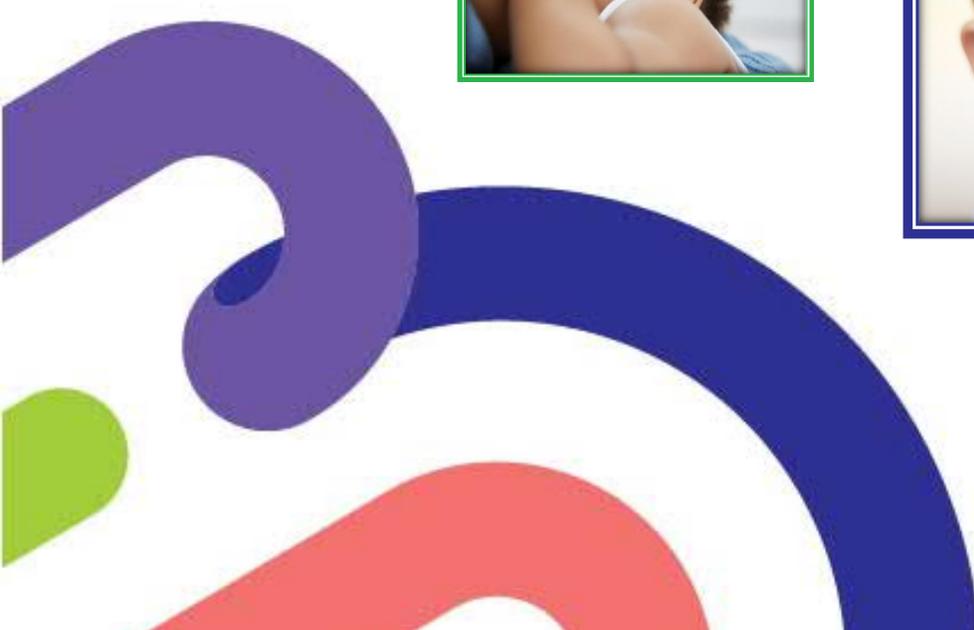


# Idaho WIC Training

## Baby Behavior



IDAHO DEPARTMENT OF  
**HEALTH & WELFARE**  
DIVISION OF PUBLIC HEALTH

WIC is an equal opportunity provider.

## 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

The Idaho WIC website [wic.dhw.idaho.gov](http://wic.dhw.idaho.gov) houses all the online materials for staff under the Staff page.

- Definitions and acronyms (located under the policy manual area)
- The links to the videos are within the guidebook. To access them please use "Ctrl + Click" on the links.

Note: Arizona WIC developed this course. Any issues with the Video will need to be communicated to the Idaho WIC State Office so we can provide a better video.

## Recommended Time

- Approximate time it takes to complete the Baby Behavior 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 Baby Behavior Course.

- Complete Module 1: [Introduction](#)
- Complete Activity 1.
- Complete Module 2: [Just Being Themselves](#).
- After Module 2 is completed, discuss Modules 1 and 2 and Activity 1 with your trainer.



Complete Activity 1 in your Activities Workbook

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

- Complete Module 3: [Baby Cues and Crying](#).
- Complete Activity 2.
- Complete Module 4: [Sleepy Time](#).
- After Module 4 is completed, discuss Activity 2 and Module 4 with your trainer.



Complete Activity 2 in your Activities Workbook

## Modules 5, 6 & 7: Physical Activity, Infant Feeding Misinformation, & Support for Caregivers

- Complete Module 5: [Physical Activity](#).
- Complete Module 6: [Infant Feeding Misinformation](#).
- Complete Module 7: [Support for Caregivers](#).
- Complete Baby Behavior Activity 3.
- After completing the modules and activity, discuss Modules 5, 6, and 7 and Activity 3 with your trainer.



Complete Activity 3 in your Activities Workbook

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

- Complete Module 8: [Caregiver-Infant Interactions](#).
- Complete Module 9: [WIC Essential Roles](#)
- Meet with your trainer to discuss Modules 8 and 9 and you are done with this guidebook!