

# Baby Behavior TLC Session Planning Worksheet

**Topic:** \_\_\_\_\_

**Audience:**

**Infants   Pregnant Women   Breastfeeding Women   Postpartum Women**

**What are the key messages?**

What do you want your clients to explore during the session?

- 1.
- 2.
- 3.
- 4.

**Supplies Needed:**

**Open:**

Welcome and Connection Building

**1. Introduction**

Introduce yourself

Introduce your topic

Describe how long your session will be

Explain what they can expect during the session and next steps

**2. Conversation Starter**

Conversation Starter gets participants curious about what happens next. Share a picture, report, quote or anything interesting followed by a question about how they FEEL about it.

“How do you feel when. . . ?” or “What is it like for you when. . . ?”

Pulse Point Targeted: Pride, Security, Happiness and Hope for the Future

- *What concerns do people have about...?*
- *How do you feel about...?*
- *What have you heard about...?*
- *What’s your biggest fear about...?*

Conversation Starter: \_\_\_\_\_

**Share and Connect:**

1. Clients share true feelings in a safe, comfortable group.
2. Use OARS skills to connect to the emotions driving behavior.
3. Give yourself permission to **not** give facts and advice.
4. Remember: If you know the answer, don’t ask the question.

## Baby Behavior TLC Session Planning Worksheet

- *What things have you tried...?*
- *What ideas have worked...?*
- *What ideas haven't worked...?*
- *Why do you think that's a concern...?*
- *If you made a change, how would that affect...?*
- Reflect on comments (paraphrase).

**What questions will you ask to connect your group?**

---

---

### **Summarize and Act:**

1. Summarize what's been talked about and highlight key points from the discussion.
  - We've shared lots of ideas today. I heard. . .(summarize ideas)
2. Ask group what they'll take away from the training.
  - *What is one thing you could take away with you today?*
  - *What ideas have you heard that might work for you?*
  - *What would you do differently now?*



DOH 961-1122 April 2017

This institution is an equal opportunity provider.

**Washington State WIC Nutrition Program does not discriminate.**

For persons with disabilities this publication is available on request in other formats.

To submit a request, please call 1-800-841-1410 (TDD/TTY 711).