



Early Infancy Talking Points Using Class Clips April 2017

<p>Suggestions for use</p>	<p>Use 1 or more clips for client education</p> <p>For example: Use as a Second Contact, or as an introduction to a TLC group session or any other appointment for women who have just delivered their baby</p> <p>Note: Include an ‘Opener or Conversation Starter’ (page 3) and a ‘Summary’ (page 8) with each appointment</p>
<p>Who</p>	<p>Breastfeeding and postpartum women and their infants, birth to 6 weeks of age (ideally about 2 weeks old). Invite dad or grandmother or other people who are part the new mothers’ support system.</p>
<p>Why</p>	<p>Talking with parents about normal baby behavior:</p> <ul style="list-style-type: none"> • Increases exclusive breastfeeding. • Decreases the amount of formula used by WIC clients. • Results in less overfeeding. <p>When parents understand their baby’s cues, they feel more confident in caring for their newborn.</p>
<p>Time</p>	<p>~10-15 minutes to show each clip and discuss with client</p>
<p>Resource locations</p>	<p>Handouts and posters: order most through the Fulfillment Center - http://myfulfillment.wa.gov/ (WIC→Baby Behavior materials).</p> <p>Baby Behavior class clips – look in the “Educational Resources” icon folder on your desktop, or use the DVD Class Clips – Early Infancy Class: Understanding Your Baby's Cues (available in your clinic, or can be ordered through the Fulfillment Center).</p>



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Topic	Suggested materials	Order item number*
Hunger cues	Poster: If Your Newborn is Hungry	961-967
	Staff reference: FAQ's for Early Infancy Education: Understanding Your Baby's Cues Look for the FAQ's on the WIC website.	961-978
Fullness	Class clip 1: Fullness with Narration	
	Class clip 2: Fullness	
	Client handout: Understanding Your Baby's Cues/What Your Newborn is Saying Look for this handout on the WIC website.	961-986
	Staff reference: FAQ's for Early Infancy Education: Understanding Your Baby's Cues Look for the FAQ's on the WIC website.	961-978
Other cues	Class clip 3: Other Cues	
“I need something to be different” cues	Class clip 4: Fussy Baby	
	Class clip 5: Baby and Sister	
	Client handout: Understanding Your Baby's Cues/What Your Newborn is Saying Look for this handout on the WIC website.	961-986
“I want to be near you” cues	Client handout: Understanding Your Baby's Cues/What Your Newborn is Saying Look for this handout on the WIC website.	961-986



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Topics	Ideas for staff talking points
<p>Opener or Conversation Starter</p>	<p><i>“Congratulations on the birth of your baby! What questions do you have about your baby?”</i> Wait for response.</p> <p><i>“Today’s about taking some time to explore how your baby communicates with you so you can learn to recognize and respond to your baby’s cues. Does that sound helpful to you?”</i> Wait for response.</p> <p><i>“Babies are born with the ability to communicate. They use their bodies and make noises to let their parents know when they need to eat, learn, play, or rest. These are called cues. Is it okay if I point out any cues your baby shows during our visit so we can talk about them?”</i> Pause.</p>
<p>Hunger cues</p>	<p>Begin with the Opener or Conversation Starter (page 3).</p> <p><i>“Newborn babies are good at giving hunger cues, because they need to be fed often due to their very small stomachs. In looking at the ‘If Your Newborn Is Hungry’ poster, what is one way your baby lets you know he’s hungry?”</i> Affirm responses.</p> <p>Possible answers:</p> <ul style="list-style-type: none"> • Keep his hands near his mouth • Bend his arms and legs • Make sucking noises • Pucker his lips • Search for nipple (root) <p>Refer to ‘FAQ’s for Early Infancy Education’ for what to say if your client answers “cries” or “gets fussy”.</p> <p><i>“Babies usually give several hunger cues at one time. For example, they may suck on their hands, root, and make sucking noises all at once.”</i></p> <p>Look to see if your client’s baby is showing hunger cues or demonstrate.</p> <p><i>“What questions do you have about hunger cues?”</i> Pause.</p> <p>End with a summary (page 8).</p>



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<p>Fullness cues</p>	<p>Begin with the Opener or Conversation Starter (page 3).</p> <p>Pass out handout ‘Understanding Your Baby’s Cues/What Your Newborn is Saying’.</p> <p><i>“This handout lists hunger and fullness cues. Did you receive this handout during your pregnancy? Fullness cues can sometimes be a bit trickier to recognize than hunger cues.</i></p> <p><i>“Let’s read together the fullness cues section on the handout.”</i> Point out section on handout and read aloud:</p> <p><i>“When your baby is full he may:</i></p> <ul style="list-style-type: none"> • <i>Suck slower or stop sucking</i> • <i>Relax his hands and arms</i> • <i>Turn away from the nipple</i> • <i>Push away</i> • <i>Fall asleep”</i> <p>While reading the list of fullness cues, demonstrate them using your body and hands.</p> <p><i>“Let’s watch a video of a baby showing he’s full.”</i> Show ‘Fullness with Narration’ class clip 1.</p> <p><i>“We’ll watch the video again.”</i> Show ‘Fullness’ class clip 2. Staff point out fullness cues again as the bottle fed baby demonstrates them. Emphasize that sucking is a reflex, and bottles keep delivering milk, so babies have to swallow.</p> <p><i>“Take a second to think about how your baby lets you know he’s full. How would you describe the fullness cues your baby gives you?”</i> Pause 1 minute.</p> <p><i>“What questions do you have about fullness cues?”</i></p> <p>See ‘FAQ’s for Early Infancy Education’ for help with common questions. When clients tell you their babies have feeding problems, refer them to baby’s medical provider.</p> <p>End with a summary (page 8).</p>
<p>Other cues</p>	<p>Begin with the Opener or Conversation Starter (page 3).</p> <p><i>“Hunger and fullness cues are only some of the cues babies use to let us know what they need.”</i></p>



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	<p><i>“Let’s watch a video that talks about the 2 main cues babies use to communicate their other needs. Listen to Dr. Jane describe how babies show you ‘I want to be near you’ and ‘I need something to be different.’</i></p> <p>Show the video: ‘Other Cues’ class clip 3. <i>“What questions do you have about ‘I want to be near you’ and ‘I need something to be different’ cues?”</i></p> <p>End with a summary (page 8).</p>
<p>“I need something to be different” cues</p>	<p>Begin with the Opener or Conversation Starter.</p> <p><i>“Let’s talk about the cues babies give when they ‘need something to be different’. Look at the back of your ‘Understanding Your Baby’s Cues/What Your Newborn is Saying’ handout. Would you be willing to read the section ‘I need something to be different’?”</i></p> <p>If not, read from the handout yourself.</p> <p>Handout script: <i>“Learning is hard work for babies and they can tire quickly. Your baby will show you signs that he needs something to be different. He might:</i></p> <ul style="list-style-type: none"> • <i>Look away, turn away, or arch his back</i> • <i>Frown or have a glazed look in his eyes</i> • <i>Stiffen his hands, arms or legs</i> • <i>Yawn or fall asleep</i> <p><i>Responding to cues quickly before your baby starts to fuss may help your baby cry less.”</i></p> <p><i>“Without words your baby can tell you that he needs something to be different. As a parent, you will have to figure out what needs to be different.”</i></p> <p><i>“Now let’s watch a video. This mom just breastfed her baby a few minutes ago.”</i></p> <p>Show “Fussy Baby” class clip 4. <i>“What did you see the baby doing to let her mom know she needed something to be different?”</i> Pause for response. Affirm.</p> <p>Possible responses are:</p> <ul style="list-style-type: none"> • Wiggling • arm and body movements



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“I need something to be different” cues (continued)

- fussing
- no hunger cues

“What do you think might be bothering this baby?” Pause for response. Affirm.

Possible reasons include:

- wet diaper
- pooping
- needs to pass gas
- needs to burp
- needs to be held
- uncomfortable position

Then ask, *“What could mom do?”*

Note: If someone says baby needs to be fed, talk about the baby not showing hunger cues.

“Newborns may be sensitive to what’s going on inside their bodies. Some babies might get fussy a few minutes after a feeding. Be patient, she may need to burp, pass gas or poop.”

“Babies can also be bothered by what’s going on around them; outside their body. As we watch this next video, look for cues that this baby needs something to be different.”

Show “Baby and Sister” class clip 5.

“What did you see the baby doing to show she needs something to be different before she started to cry?” Pause for response. Affirm.

Possible responses are:

- furrowed brow
- trembling lip
- turns head

“Family, friends, bright lights and noises can overwhelm a new baby.”



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<p>“I need something to be different” cues (continued)</p>	<p><i>“What can you do when you notice your baby is getting overwhelmed by something or someone?”</i></p> <p>Pause for a response. Affirm.</p> <p><i>“When your baby starts to get fussy, look to see what’s going on around her. Try turning her away from any activity or noise, and hold her close to your body. This can help prevent some crying.”</i></p> <p><i>“Take a moment to look at your own baby.”</i> Pause. <i>“Is he showing cues that he needs something to be different?”</i> Wait for a response.</p> <p>If so, ask:</p> <ul style="list-style-type: none"> • <i>“What do you see your baby doing?”</i> • <i>“What do you think needs to be different?”</i> <p>Encourage your client to respond to the cue, and others as she notices.</p> <p><i>“What questions do you have about your baby’s ‘I need something to be different’ cues?”</i></p> <p>End with a summary (page 8).</p>
<p>“I want to be near you” cues</p>	<p>Begin with the Opener or Conversation Starter (page 3).</p> <p><i>“Let’s talk about cues your baby gives to show he’s ready to interact, learn, and play. Look at the section of the handout, ‘Understanding Your Baby’s Cues/What Your Newborn is Saying’ that says ‘I want to be near you.’ Would you be willing to read the box ‘I Want to be Near You?’”</i></p> <p>If not, read from the handout yourself.</p> <p>Handout Script - <i>“As your newborn gets older, you’ll be better able to tell when he’s ready to interact, learn, or play. He might:</i></p> <ul style="list-style-type: none"> • <i>Have a relaxed face and body</i> • <i>Follow your voice and face</i> • <i>Reach toward you</i> • <i>Stare at your face</i> • <i>Raise his head”</i>



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<p>“I want to be near you” cues (continued)</p>	<p><i>“Can you describe how your baby uses cues to let you know she wants to be near you? How do you respond?”</i> Pause 1 minute. Affirm.</p> <p><i>“Newborns always need to be close to their parents. When babies give ‘I want to be near you’ cues, this is a special time for you and your baby. It is the perfect time to play, sing, or talk to your baby.”</i></p> <p><i>“It’s important to know that newborn babies tire easily, and this playing and learning time may be very short.”</i></p> <p><i>What questions do you have about your baby’s ‘I want to be near you’ cues?”</i></p> <p>End with a summary (page 8).</p>
<p>Summarize and Act</p>	<p><i>“Babies mainly show only 2 types of cues; they either want to be near you and interact or they need something to be different. It’s that simple! As you and your baby get to know each other, you’ll get better and better at communicating and things <u>will</u> get easier.”</i></p> <p><i>“Today we talked about _____ (chose from the following topics):</i></p> <ul style="list-style-type: none"> • <i>Hunger cues.</i> • <i>Fullness cues.</i> • <i>Other cues babies use to communicate their needs, other than hunger and fullness.</i> • <i>Cues babies give when they ‘need something to be different.</i> • <i>Cues babies give to show when they’re ready to interact, learn and play</i> <p><i>“What is one thing you can take away with you today?”</i> Pause and wait for a response. Affirm.</p> <p><i>“What other questions do you have?”</i></p> <p>Thank your client and offer her:</p> <ul style="list-style-type: none"> • The 3 handouts: “Why Do Babies Cry?”, “Understanding Babies Cues”, and “Healthy Sleep For You and Your Baby”. • Other opportunities to ask questions at her next WIC or peer counselor visit, (if applicable).



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