



Prenatal Talking Points Using Class Clips April 2017

Suggestions for use	<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 pregnant women.</p> <p>Note: Include an ‘Opener or Conversation Starter’ (page 3) and a ‘Summary’ (pages 8-9) with each appointment.</p>
Who	<p>Pregnant women, preferably in third trimester of pregnancy.</p>
Why	<p>Pregnant women, especially first time mothers, may have little knowledge about normal infant behavior and unrealistic expectations about newborn sleep patterns and reasons for crying.</p> <ul style="list-style-type: none"> • Focus groups of WIC mothers revealed that many interpreted their infants’ crying and waking up as signs of hunger. Mothers believe their infants’ are still hungry, even if recently fed. To get the baby to stop crying or sleep longer during the night, mothers supplement with formula, which leads to early weaning, and early introduction of solids. • To help mothers see solutions to common concerns: <ul style="list-style-type: none"> ○ Talk about infant sleep patterns and reasons for crying ○ Provide baby behavior tools before she delivers her baby <p>When you talk to parents about behavior they learn to respond appropriately to their infant’s needs and recognize hunger cues. This:</p> <ul style="list-style-type: none"> • Leads to longer breastfeeding duration. • Helps parents avoid over feeding. • Gives parents confidence to delay introduction of solid foods.
Time	<p>~10-15 minutes to show each clip and discuss with client</p>
Resource locations	<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 - Prenatal Class: Understanding Your Newborn Baby's Behavior (available in your clinic, or can be ordered through the Fulfillment Center).</p>



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Topic	Suggested materials	Order item number*
Sleeping Like a Baby	Class clip 1: Light Sleep	
Light sleep	Poster: What Does it Mean to Sleep Like a Baby?	961-968
	Client handout: Healthy Sleep: For You and Your Baby	961-318
Deep sleep	Class clip 2: Deep Sleep	
	Client handout: Healthy Sleep: For You and Your Baby	961-318
Waking up	None	
Hunger cues	Class clip 3: Hunger Cues	
	Poster: If Your Newborn Is Hungry	961-967
	Client handout: Understanding Your Baby's Cues'/What Your Newborn is Saying Look for this handout on the WIC website.	961-986
Crying Baby	Class clip 4: Crying Baby	
	Client handout: Why do Babies Cry?	960-316
Overstimulated Baby	Class clip 5: Overstimulated Baby	
Calming a Crying Baby	Class clip 6: Calming a Crying Baby	



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Topics	Ideas for staff talking points
<p>Opener or Conversation Starter</p>	<p><i>“How is your pregnancy going?”</i> Wait for response.</p> <p><i>“What have you heard about how newborn babies communicate?”</i> Wait for response.</p> <p><i>“Understanding your baby better can help you feel less stressed and more confident in caring for your newborn. To help you do this, there are couple of topics we can discuss during the next 10-15 minutes:</i></p> <ul style="list-style-type: none"> • <i>Newborn babies and how they sleep and wake up during the night, or</i> • <i>How newborn babies let you know when they need to be fed, why they cry, and how to calm them.”</i>
<p>Sleeping Like a Baby</p> <p>Light Sleep</p>	<p>Begin with the ‘Opener or Conversation Starter’ (page 3).</p> <p><i>“Today’s about taking some time to explore newborn babies and how they sleep. When you hear someone say, ‘I slept like a baby last night!’ what do you think they mean?” (pause)</i></p> <p>While pointing to the poster: ‘What Does it Mean to Sleep Like a Baby?’ ask: <i>“What do you think it means to sleep like a baby?”</i> Possible responses you may hear from your clients:</p> <ul style="list-style-type: none"> • Sleep a lot • Sleep peacefully, relaxed • Sleep soundly • Not easily awakened • Deep sleep • Sleep with no worries <p>(Responses may show unrealistic expectations about how babies sleep. You can talk about these in your discussion.)</p> <p><i>Many moms think that their babies will sleep like the baby in the poster, peacefully and soundly. What have you heard about how young babies sleep?”</i> Wait for response.</p>



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<p>Light Sleep (continued)</p>	<p><i>“Your baby needs to go through periods of both light and deep sleep. We can also call this active sleep and quiet sleep. Both types of sleep are important for your baby’s health.”</i></p> <p><i>“Open to the inside of your handout ‘Healthy sleep: For You and Your Baby’. Can you read the bullets in the box that says ‘During Active Sleep’?”</i></p> <p><i>“Let’s watch a quick video showing two babies in light sleep.”</i> Show ‘Light Sleep’ class clip 1.</p> <p><i>“What did you see the babies doing during light sleep?”</i></p> <p>Give your client a minute to respond and affirm accordingly. Provide answers that weren’t given, e.g.</p> <ul style="list-style-type: none"> • Moved a little every now and then • Eyes twitched or moved under eyelids – dreaming • Face or body twitched • Smiled <p><i>“During light sleep, your baby is dreaming. Dreaming is important because during this time your baby’s brain is very active. Blood flow increases to the brain, supplying needed nutrients. This helps your baby’s brain grow and develop.”</i></p> <p><i>“Do you have any questions about ‘light sleep’? Wait for a response.</i></p> <p>End with a summary (pages 8-9)</p>
<p>Deep Sleep</p>	<p>Begin with the ‘Opener or Conversation Starter’ (page 3).</p> <p><i>“Open to the inside of your handout: ‘Healthy Sleep: For You and Your Baby’. Can you read the bullets in the box that says ‘During Quiet Sleep’?”</i></p> <p><i>“Now, we will watch two babies in deep or quiet sleep.”</i> Show ‘Deep Sleep’ class clip 2.</p> <p><i>“What did you see the babies doing during deep sleep?”</i></p> <p>Possible answers:</p> <ul style="list-style-type: none"> • Didn’t move very much • Arms and legs were relaxed (floppy) • Hard to wake



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<p>Deep Sleep (continued)</p>	<p><i>“During deep sleep, your baby’s brain and body are resting. Both types of sleep are important for your baby’s health.”</i></p> <p><i>“Newborn babies fall asleep in light sleep. Some newborns will wake up easily if you lay them down while in light sleep. Wait for signs of deep sleep before laying your baby down.”</i></p> <p><i>“What questions do you have about how young babies sleep?”</i> Wait for a response.</p> <p>End with a summary (pages 8-9)</p>
<p>Waking up</p>	<p>Begin with the ‘Opener or Conversation Starter’ (page 3).</p> <p><i>“Many parents will say their baby waking up at night is the hardest part about being a new parent. Babies are born with instincts to help them survive. Waking up keeps them safe and healthy. Waking up at night is normal. Let’s talk about why the ability to wake up often is important for young babies.”</i></p> <p><i>“What are some reasons you can think of why a baby may wake up during the night?”</i></p> <p>Wait for a response.</p> <p>Possible reasons:</p> <ul style="list-style-type: none"> • Hungry - <i>“Remember, your baby’s stomach is about the size of his fist. Babies wake up often to eat because their stomachs can only hold a small amount each time they feed. It’s normal for newborns to eat 10-12 times in 24 hours.”</i> • Needs a diaper change • Too hot or too cold - <i>“If your baby is sweating, he may be dressed too warmly or covered with too many blankets.”</i> • Uncomfortable • Don’t feel well – <i>“If you notice changes in your baby’s sleep or behavior and are concerned, call your doctor.”</i> <p>Affirm and add new information.</p>



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<p>Waking up (continued)</p>	<p><i>“So now we know why it’s important for young babies to wake up frequently during the night. Babies wake up more easily in active sleep and can let you know when they need your help. Waking up not only keeps your baby safe and healthy, it’s normal.”</i></p> <p><i>“Remember, doctors recommend putting babies on their backs to sleep. As your baby gets older, he’ll sleep for longer periods of time and wake up less often during the night.”</i></p> <p><i>“What questions do you have about babies waking up?”</i></p> <p>Wait for a response before giving or affirming answer.</p> <p>End with a summary (pages 8-9)</p>
<p>Hunger cues</p>	<p>Begin with the ‘Opener or Conversation Starter’ (page 3).</p> <p><i>“Another concern many new parents have is how to know when their newborns need to be fed. Newborns need to be fed often”.</i></p> <p><i>“Looking at your handout: ‘Understanding Your Baby’s Cues’ and at the ‘If Your Newborn is Hungry’ poster, what are some ways newborns let their parents know when they are hungry?”</i></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 the nipple (root) <p><i>“Babies will usually give you several of these cues at one time. Responding to hunger cues early can prevent your baby from becoming too upset. It will be much easier to feed your baby when he is calm, before he starts crying”.</i></p> <p><i>“Let’s take a look at a video of a newborn baby that is crying because of hunger.”</i></p> <p>Show ‘Hunger Cues’ class clip 3. <i>“What hunger cues did you see this baby giving?”</i> Wait for response.</p> <p>End with a summary (pages 8-9)</p>



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<p>Crying baby</p>	<p>Begin with the ‘Opener or Conversation Starter’ (page 3).</p> <p><i>“Let’s look at video of a crying baby that’s not hungry.” Show ‘Crying Baby’ class clip 4.</i></p> <p><i>“What did you see this baby doing?”</i> Wait for response.</p> <p><i>“This baby is not showing any hunger cues. You may have noticed her jerky movements, tense muscles, and stretched out arms and fingers. When a baby shows these cues, she’s telling you she needs something to be different.”</i></p> <p><i>“We can talk more about cues after your baby is born.”</i></p> <p><i>“Although it’s stressful to hear a baby cry, crying is normal for all babies. It’s one way they communicate with you.”</i></p> <p><i>“Let’s talk about ways to calm a crying baby. Calming a crying baby may be as simple as changing her diaper or feeding her if she shows hunger cues.”</i></p> <p><i>“There may be times when you have checked everything and your baby still cries. When this happens refer to the tips on the back of your handout ‘Why Do Babies Cry’. Can you read the tips out loud?”</i></p> <p><i>“What questions do you have about why babies cry?”</i></p> <p>End with a summary (pages 8-9)</p>
<p>Overstimulated baby</p>	<p>Begin with the ‘Opener or Conversation Starter’ (page 3).</p> <p><i>“In this class clip, we’ll see a mom trying to calm her crying baby.” Show ‘Overstimulated Baby’ class clip 5.</i></p> <p><i>“What did you see this mom doing?”</i> Wait for response.</p> <p><i>“Was she able to calm her baby?”</i> Wait for response.</p> <p><i>“No. Mom was doing too much.”</i></p> <p>Affirm: <i>“Trying too many different things all at once can overwhelm your baby and make him more upset.”</i></p> <p><i>“What questions do you have?”</i></p> <p>End with a summary (pages 8-9)</p>



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<p>Calming a crying baby</p>	<p>Begin with the ‘Opener or Conversation Starter’ (page 3).</p> <p><i>“Let’s take a look at how these babies were calmed by repeating the same action over and over.” Show ‘Calming a Crying Baby’ class clip 6.</i></p> <p><i>“How were these babies calmed? Wait for response.</i></p> <p><i>“These babies were held close and calmed by repeating the same action over and over. Sometimes babies calm down right away, other times it may take longer.”</i></p> <p><i>“What other things can you try to calm a crying baby?” Wait for response.</i></p> <p><i>“Remember to be patient. Calming a baby takes time. Sticking with the same action for several minutes can be the secret to success.”</i></p> <p><i>“If your baby continues to cry or becomes more upset, try something else from the suggestions on the back of your handout ‘Why do Babies Cry?’ to calm your baby.”</i></p> <p><i>“What questions do you have about calming a crying baby?” Wait for response.</i></p> <p>End with a summary (pages 8-9)</p>
<p>Summarize and Act</p>	<p><i>“Having a baby is a very exciting time. The first six to eight weeks can be the hardest on parents.”</i></p> <p><i>“As you get to know your baby, you’ll recognize what he’s trying to tell you. As he gets older things are going to get easier.”</i></p> <p><i>“Today we talked about _____ (chose from the following topics):</i></p> <ul style="list-style-type: none"> • <i>Active sleep</i> • <i>Deep sleep</i> • <i>Why infants need to wake up often</i> • <i>How to recognize hunger cues</i> • <i>Ways to calm a crying newborn.”</i> <p><i>“What’s one thing you can take away with you today?” Pause and wait 15-30 seconds.</i></p>



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Summarize and Act (continued)

“What other questions do you have?”

“In addition to the handouts we covered today, I can share a link to a YouTube video called ‘Getting to Know Your Baby’. It includes more clips of babies like the ones we saw today and more information about baby behavior. Sharing this information with family and friends can help everyone feel more confident and less stressed!”

The link is: <http://www.youtube.com/watch?v=eX2ijdLnIJU>

Note: This YouTube video is 16.41 minutes!



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