

New Tools to Reduce Overfeeding: The FitWIC Baby Behavior Study

Training #2: Infant Crying & Sleep

~Materials~

- Post-it notes & pens for all staff
- Flipchart & markers (demo linking sleep cycles)
- Copy of handprint for each person
- Flipchart page for **slide 19** with 3 columns with the following headings: 2 months, 4 months, 6 months
- 8 ½ x 11 pieces of paper with attributes of active sleep & quiet sleep, 1 per page (Sleep States matching game slide 33)
- Case Study Activity (Slide 34)
 - Case studies (topic: infant crying & sleep)
 - “Why Babies Cry” & “Healthy Sleep: For You and Your Baby” Handouts (enough for each person)
 - Optional: Infant Assessment form (WIC) mock-ups, filled out for each case study subject
- Homework Sheet for training #2
- Stopwatch for Baby Behavior Detective (**slides 13-18**)
- Copies of training evaluation (1 per person)
- (Optional) Prizes for raffle
- (Optional) Flipchart with “active sleep” on one side of the page and “quiet sleep” on the other side & pieces of paper with each of the attributes of active and quiet sleep listed (one per page) (**Slide 31**)

~Presenter Notes~

Slides 2-5	Welcome, Homework review, Warm Up	<ul style="list-style-type: none">● Explain that this is part two of a four-part training about Baby Behavior. This part will focus on infant crying & sleep. Briefly review what was covered in training #1 (slide 3)● Ask for volunteers to share a few of their experiences observing babies for the homework. Did they see infant cues? Did they see infant states? Did it make sense to them in a real setting?● Have staff turn in their homework<ul style="list-style-type: none">○ <i>Optional:</i> For those who complete the homework, do a raffle for a prize at the break.	10 minutes
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- Warm Up:
 - Pass out copy of handprint to each person.
 - Have them come up with 5 reasons a baby might cry and write one reason on each finger of the hand.
 - Ask for a few volunteers to review their "hands."
 - Common reasons babies cry listed below for reference:

Need a break or something different-often babies are overwhelmed by too much noise, lights, people or anything over stimulating. Sometimes they just need a break away from it all. If you watch for this cue, you can give baby a break before he starts crying. Often crying can be prevented.

Need to be near you or held-babies can cry just because they want to be near you or miss you. You cannot spoil a baby with too much love. Your baby needs to be close to you to develop self confidence and be able to trust you and others.

Hungry-it's true that some babies cry because of hunger, but there are lots of other reasons babies cry. Look for other hunger cues like bringing hands to mouth, sucking on things, tight fists over tummy, awake & alert.

Tired-some babies are very sensitive to being tired. Right when you see tired signs, give baby a nap before she gets over tired and starts to cry.

Too hot or too cold-baby may be bundled up too much with blankets and clothes or too hot out in the sun. He may also need an extra layer of clothing in the cold.

Part One: Infant Crying (~30 min.)

Slide 7	"Normal" Crying	<ul style="list-style-type: none">• Crying is meant to be annoying and/or alarming. If it wasn't, parents would not respond as quickly.• Crying is normal. It's how babies communicate.• Perception of good baby= quiet baby.• Society views crying as "bad parenting." If your baby is crying in public people look at you like "what are you doing to that child?" Parents feel like they have to keep their babies quiet.• Make your site "crying friendly." Let moms know that it's OK if their babies cry. Teach them why babies cry, what they can look for to fix, soothing techniques (repetition).• When parents read their babies' cues promptly they can actually prevent some crying.	5 minutes
Slide 8	Is There a "Hungry Cry"?	<ul style="list-style-type: none">• Explain that crying does not always mean hunger. Hungry babies <u>might</u> cry but they will <u>also</u>:<ul style="list-style-type: none">○ Bring their hands to their face○ Clench their hands○ Flex their arms & legs○ Root○ Make sucking motions & noises	2 minutes
Slide 9	How caregivers can help crying babies	<ul style="list-style-type: none">• If the baby has been fed recently, and the parent has checked all of the usual things that could be wrong (diaper, too hot or cold, etc.), parents can do the following things (listed on slide 8) to help calm their crying baby.• Emphasize that babies can be over-soothed if a parent is not paying attention to the baby's cues and just soothing every time the baby cries.• The longer babies cry, the longer it may take to calm them down. Parents might think what they are doing (repetition) is not working and try something different. Encourage them to keep trying the same thing over and over, it just might take time. Trying something different can stimulate babies and make	5 minutes

		<p>the crying worse.</p> <ul style="list-style-type: none"> • It takes longer to calm a very young baby. 	
Slide 10-12	Persistent Crying	<p>Slide 10:</p> <ul style="list-style-type: none"> • “persistent crying” is daily, inconsolable crying, sometimes termed as “colic” • Parents might identify their baby’s crying as a problem because they simply don’t like it or can’t handle it. Different parents have varying expectation of how much crying is OK. For one parent, 3 hours a day of crying may be acceptable. For another parent, 5 minutes of crying might be <i>unacceptable</i>. <p>Slide 11: Emphasize referring to doctor for maternal depression.</p> <p>Slide 12:</p> <ul style="list-style-type: none"> • Physiologic causes of problem crying: illness, physiologically immaturity, infant can’t self-soothe or regulate states well, infant can’t provide readable cues (esp. newborns) • Parents may need referrals for outside (professional) help with a counselor. • Sometimes crying is not safe 	5 min.
Slides 13-18	Game: Baby Behavior Detective	<p>Slides 13-18 each have a scenario that the trainer reads and has the audience guess why the baby is crying.</p> <ul style="list-style-type: none"> • Answers: <ul style="list-style-type: none"> ○ Slide 14- Baby Tanya is crying because she is having a bowel movement ○ Slide 15- Baby Marcus is crying because he is over-stimulated or tired. He needs a break. ○ Slide 16- Baby Luz is crying because she is over-stimulated at the end of the day and is probably tired. ○ Slide 17- Baby Joe is crying because he falls asleep in active sleep and wakes up when his caregiver puts him down. Wait about 20-min. before putting him down to sleep, when he is in a quiet, 	5 minutes

		<p>deep sleep.</p> <ul style="list-style-type: none"> o Slide 18- Baby Elena is crying because either she has gas or she may be hungry again. Growth spurts are normal at this age causing babies to eat more frequently. 	
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Part Two: Sleep Patterns in the Newborn

(~1 ½ hrs. including case studies)

Slides 19-24	Infant Waking	<p>Slide 21: Your Turn</p> <ul style="list-style-type: none"> • Label a flipchart with "2 mos." "4 mos." & "6 mos." • Ask the group: "How many times do <u>parents think</u> babies wake up" at each of the ages stated. • Write all answers given on flipchart <p>Slide 22: Actual parent responses vary widely. May be perception or reality.</p> <p>Slide 23:</p> <ul style="list-style-type: none"> • Research shows the average number of times a baby wakes during the night (about 10pm-6am) is...(see slide) • Too much waking is hard on parents...they may turn to formula to help the baby sleep longer. • Help parents figure out how many times the baby is <u>really</u> waking. Give other tips for tired parents. • Babies will wake more often when sick, uncomfortable, change in routine (vacation, parent out of town, sleeping in different room, new caregiver, move, etc.), growth spurts. <p>Slide 24: Excessive night waking</p> <ul style="list-style-type: none"> • List of possible causes of excessive night waking • If parents are concerned about <u>excessive</u> waking, refer to pediatrician 	5 minutes
Slide 25	Infant Sleep States	<ul style="list-style-type: none"> • 2 types of infant sleep: Active sleep & Quiet sleep • Both are important for different reasons (listed on slide) 	2 min.

Slides 26-29	Infant Sleep Cycles	<p>Slide 26: General info. about sleep cycles</p> <ul style="list-style-type: none"> • Sleep cycles are 60 min. long and consist of active sleep—quiet sleep—wake (then repeat!) • Infants sleep 13-14 hrs per day (in a 24-hour period) but not all at one time (broken up throughout the day and night) • Newborns wake with each cycle (every 1-2 hours). This is hard on already tired parents. • As babies get older they learn to link cycles and not awaken with each cycle. <p>Slide 27: Newborn Sleep/Wake Cycles</p> <ul style="list-style-type: none"> • QS= Quiet Sleep • AS= Active Sleep • Newborns spend more time in active (light) sleep so are easier to wake and take longer to put down to sleep. • Waking is important for safety • Important for parents to wait 20-30 minutes before putting newborns down to sleep, after they have entered quiet sleep. If newborns are put down to sleep while still in active sleep they are likely to wake up right away. <p>Slide 28: Sleep cycle of 2-month-old</p> <ul style="list-style-type: none"> • Easier to put infants down to sleep by this age because they start sleep with a shorter active sleep phase, moving into quiet sleep sooner. • They also can link a few sleep cycles to sleep for a longer stretch during the night (2-3 hours at a time) <p>Slide 29: Sleep cycle of 4-month-old</p> <ul style="list-style-type: none"> • 4-month-olds sleep more like adults and parents often think that their babies start sleeping a lot better at this age • They start falling asleep in quiet (deep) sleep, so 	10 min.
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		<p>they are easier to put down.</p> <ul style="list-style-type: none"> • They can link 4 sleep cycles, sleeping up to 4 hour stretches before waking. • 4 months old is a common time that parents may start introducing solid foods, thinking it will help the baby sleep longer. It might seem that the solid foods do help the baby sleep longer, but really, most babies developmentally begin sleeping for longer stretches at about 4 months old anyway. Adding solid foods alone does not increase a baby's sleep duration. 	
Slide 30	Infant Sleep Patterns	<ul style="list-style-type: none"> • Review how infants link sleep cycles by age • Give parents hope! As infants get older, they will wake less at night and will not be as easy to wake. 	2 min.
Slide 31	Why Active Sleep and Night Waking are good!	<ul style="list-style-type: none"> • During active sleep, babies are dreaming and their brains are growing and developing. • Waking is disruptive to parents' sleep, but it is healthy for babies and important for their survival. • Sometimes babies need to wake up because they are hungry or too hot or cold. They may also wake if they are having difficulty breathing (SIDS prevention). • For mothers: breastfeeding during the night interrupts the mother's hormonal cycles causing menstrual cycles to be delayed and lowering risk for hormone-related cancers 	3 min.
Slide 32	Infant Feeding and Sleep	<ul style="list-style-type: none"> • Breastfed infants wake more than formula-fed infants, but you probably don't want to broadcast that! The reason they wake up more is that breastfed babies spend more time in active (light) sleep. More time in active sleep means more time for breastfed babies' brains to grow and develop. • More time in active sleep also means more time in a lighter sleep where infants are more likely to wake if something is bothering them or they are uncomfortable. 	3 min.

		<ul style="list-style-type: none"> When talking to formula-feeding parents about active sleep, encourage “back to sleep” or pacifier use (both of which increase the amount of time in active sleep). 	
Slide 33	Matching Activity	<p><u>Instructions for activity:</u> For this activity you will need only slide 33 and a set of signs (could just be 8 ½ x 11 pieces of paper) each with an attribute of active or quiet sleep (see list of attributes below). Set up the animation for this slide so that only the titles “Active sleep” and “Quiet Sleep” appear first. Hold up the signs with attributes one at a time (holding them up in the same order as listed on the slide). Have the group guess where each sign goes, either under active sleep or quiet sleep. When they guess, reveal that answer on the slide.</p> <p><i>Alternate activity:</i> With a smaller group (less than 50 people), break group into subgroups (4-6 people each) and place a flipchart page (1 for each subgroup) on the wall. On each flipchart write “active sleep” on one side of the page, draw a line down the middle, then write “quiet sleep” on the other side. Have each of the attributes of active and quiet sleep pre-written on pieces of paper that the group then places up on the flipchart under the correct type of sleep it corresponds to.</p> <ul style="list-style-type: none"> <u>Active sleep:</u> <ul style="list-style-type: none"> Dreaming and rapid-eye movements Body and face twitches Blood and nutrients to brain Newborns fall asleep this way Easy to wake <u>Quiet sleep:</u> <ul style="list-style-type: none"> Important for complete rest Very little movement Harder to wake Infants who are 4 months old or older fall asleep this way 	5 min.

Slide 34	Activity Your Turn: Case Studies- Infant sleep & Crying	<u>Instructions for activity:</u> <ul style="list-style-type: none"> • Break into pairs • Each pair will receive a case study with a question to answer • Using either the infant crying or sleep handout, come up with a short 30-second "speech" to answer your participant's question. (Give 5 min. to do this only) • Practice your "speech" in front of your clinic groups (give 20 min. for this part) • Each group will pick one pair to share their "speech" with the big group, and we will time you! (15 min.) 	~40 minutes total
Slide 35	Your Turn: Pair & Share (Closing activity)	<u>Instructions for activity:</u> To the group: "With the person next to you, answer the following question: <ul style="list-style-type: none"> • What is one thing you learned in this training that you think you will use in the next 2-4 weeks? Give about 2 minutes to share, then ask: <ul style="list-style-type: none"> • Who would like to share something they learned today that they will use in clinic with the group? <i>Optional:</i> <ul style="list-style-type: none"> • Trainer may choose pairs by placing a sticker under the chair or on each person's nametag and then finding who has the matching sticker in the room. That will be their partner for the activity. • This activity can also be done by having each person answer the question on a post it and placing the post it up at the front of the room. The trainer can then review some of the post its with the group out loud. 	5-10 min.
Slides 35-36	Homework Challenge Next Steps	<u>Instructions for homework</u> (to be completed back at clinic during the interim between training #1 & #2): <ul style="list-style-type: none"> • Pass out homework sheet 	2 minutes

		<ul style="list-style-type: none"> • This sheet has 16 boxes, each with something for you to practice or observe related to Baby Behavior. • Complete this sheet over the next month between now and training 3. • When you complete each task mark an "X" on that box. • Whoever completes their activity sheet (or has the most boxes completed) will win a prize or be entered into a raffle to win a prize. • This will remind you to observe parents and infants interacting and practice using what you have learned today with real babies. <p>Training #3 next month:</p> <ul style="list-style-type: none"> • How to talk to parents about Baby Behavior without offending them • Physical activity for infants • Quick & easy ways to share Baby Behavior messages while Counseling 	
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