

## **Practice with Baby Behavior Materials (Infant Crying & Sleep)**

In your clinic groups:

- 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 answer to your participant's question. (5 minutes to write answer)
  - Practice your case study in front of your clinic groups (20 minutes to practice)
  - Be prepared to share your case study and answer when we meet back together in the larger group.
- We will be timing you!

Materials:

- Handout: Healthy Sleep For You and Your Baby
- Handout: Why Babies Cry
- Case studies

#1

Who: Pregnant woman (32 weeks gestation)

She tells you: “I want to formula feed because my sister’s baby slept through the night at 1-week-old, and I think it’s because she gave her formula before bedtime. I’m going to be so tired because I have no one to help me get up with the baby at night.”

How do you respond?

#2

Who: Mother of a 2-month-old baby

She asks you: “When will my baby sleep through the night?”

How do you respond?

#3

Who: Mother of a 1-month-old baby, first child

She asks you: “My baby cries all the time. (Mother puts bottle in her crying baby’s mouth.)  
What can I do to keep him quiet?”

How do you respond?

#4

Who: Mother of a 6-week-old infant

She tells you: “My baby eats all the time! I know he’s hungry because he’ll be crying and then I’ll give him the bottle and then he stops crying.”

How do you respond?

#5

Who: Mother of a 3-week-old baby

She tells you: “I need formula because my breast milk does not make my baby full. After I breastfeed her, she gets really mad and fussy like 10 minutes later! It’s like she’s hungry AGAIN!”

How do you respond?

#6

Who: Mother of a 3-week-old baby

She tells you: “Every time I go to put my baby down to sleep in his bed he wakes right up when I lie him down. He’s asleep and then he just knows I’m putting him down and he wakes up and cries. He’s so spoiled!”

How do you respond?