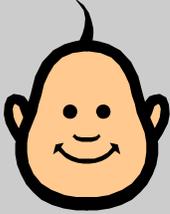
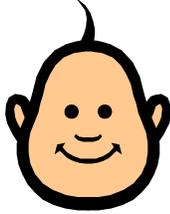
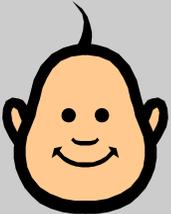
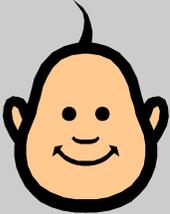
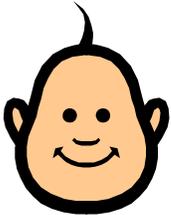


Baby Behavior Training #2

Worksheet: Infant Sleep & Crying

Mark each box with an "X" as you complete it. We will share your observations and experiences at the next training. Completed worksheets will be entered into a drawing for a prize!

	<u>Teach</u> a parent about active sleep and why it is important	<u>Explain</u> to a parent why waking is important for babies	
<u>Explain</u> to a parent how to recognize when her baby is dreaming		<u>Explain</u> to a parent the best way to soothe her crying baby	<u>Using the Crying Handout</u> , talk to a parent about all of the reasons babies cry (it's not always hunger!)
	<u>Teach</u> a parent how many times the average baby wakes up at night between birth and 6 months	<u>Help</u> a parent learn how to wait until her sleeping baby is in quiet sleep to put him down (20-30 minutes)	<u>Share</u> with a parent "Tips to help you cope with crying" in the Crying Handout
<u>Share</u> the "Tips for Sleepy Parents" section in the Sleep Handout with a parent	<u>Using the Crying Handout</u> , explain to a parent how to tell if her baby is really hungry or crying for another reason		<u>Explain</u> to a parent why dreaming is healthy for babies
<u>Using</u> the back page of the Sleep Handout , talk to a parent about how sleep patterns change as baby gets older	<u>Identify</u> a baby who is a "persistent crier"	<u>Promote</u> "Back to Sleep" to a formula-feeding mom (hint: it will increase active sleep)	