



# 2016 Baby Behavior Energizers - Crying

These “Energizers”:

- Will give you an opportunity to refresh your skills and build your confidence talking about Baby Behavior Cues messaging with your clients
- Will benefit all WIC staff doing direct client services (including clerks)
- Include a variety of activities to accommodate all learning styles
- Can be completed alone, as well as in a 1:1 or group setting
  - For example, in place of a facilitated group discussion, complete the activity and answer the discussion questions with one of your co-workers
- Range in time from 15 minutes to a few hours
- Are optional.

How to use these Energizers:

- View the videos and training activities before completing the case studies/scenarios. This will refresh your skills and knowledge.
- We encourage you to send us your Baby Behavior stories about successful 1:1 client visits, group education, TLC sessions, etc. Tell us what has worked for you so we can all learn from one another.

Case Studies/Scenario	Activity	Discussion Questions
<ul style="list-style-type: none"> <li>• <b>Time:</b> 30 minutes</li> <li>• Print the “Crying Case Studies” document before doing the activity.</li> <li>• Cut the document (on the dashed lines) into 6 separate case studies.</li> </ul>	<ul style="list-style-type: none"> <li>• Facilitate this activity with a small group of staff.</li> <li>• Break group into pairs to practice counseling using each case study.</li> <li>• Each pair will receive a case study with a question to answer.</li> <li>• Using the <a href="#">Why Babies Cry</a> handout, come up with a short 30-second answer to your participant’s question. (5 minutes to write answer) Share the case studies and answers with the larger group.</li> </ul>	<p>The questions are printed on the “Crying Case Studies” document.</p>
Training	Activity	Discussion Questions
<p><a href="#">Module 2 - Crying</a> (scroll down to the “Staff Refresher Training Materials”)</p> <p><b>Time:</b> 1 hour</p> <ul style="list-style-type: none"> <li>• 1 of 3 modules from the Staff Refresher Trainings</li> <li>• A Facilitator’s Guide and a materials checklist is included with each module</li> <li>• This training will help staff: <ul style="list-style-type: none"> <li>○ Strengthen their skills and build confidence through practical applications of knowledge</li> <li>○ Identify why babies cry and why crying is stressful</li> <li>○ Recognize that responding to cues early can prevent some crying</li> <li>○ Review steps to calm a crying baby.</li> </ul> </li> </ul>	<p>Facilitate this module with a small group of staff.</p>	<p>Use the discussion questions included throughout the module.</p>

Video	Activity	Discussion Questions
<p><a href="#"><u>"Getting to Know Your Baby": newborn crying</u></a></p> <ul style="list-style-type: none"> <li>• <b>Video time:</b> 5 minutes. View in full screen mode</li> <li>• <b>Total time:</b> 15 – 30 minutes depending on your discussion time</li> <li>• Video contains a chat with Dr. Jane about newborn crying</li> <li>• Excerpted from the video "Getting to Know Your Baby" developed by the California Baby Behavior Campaign in collaboration with UC Davis Human Lactation Center.</li> </ul>	<ul style="list-style-type: none"> <li>• Watch this video, either in a group or alone</li> <li>• Think about how you'd answer the discussion questions to the right.</li> </ul>	<p>Parents might ask you the following questions. How would you answer them?</p> <ul style="list-style-type: none"> <li>• Why is it so stressful to hear a baby cries?</li> <li>• Why do babies cry so much?</li> <li>• Sometimes my baby cries and cries, and I know she's not hungry, what should I do?</li> </ul>



DOH 961-1101 August 2016

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