



## Baby Behavior Guide

- For staff to use with **VIDEO** option for baby behavior nutrition education contacts.

## **What to Expect When Your Baby Is Born**

### **Baby Behavior - 2<sup>nd</sup> Trimester Contact (after 20 weeks)**

#### **(Video Option)**

My name is \_\_\_\_\_ and today we will be talking about newborn baby behavior.

Today we will:

- Discuss why your infant needs to wake up often
- Look at the differences between light sleep and deep sleep
- Learn to recognize hunger cues
- Compare ways to calm a crying newborn

Questions?

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Intro question options...Are you a first time mom?

When you hear someone say "I slept like a baby last night," what do you think they mean?

What does it mean to sleep like a baby?

What do you think are some reasons why a newborn wakes up often?

There are many reasons why a baby wakes often.

- Newborns wake often because of their small stomach size (eating 10-12 times in 24 hours)
  - Newborns wake at night to be fed, if they are hot or cold, and to be safe
  - During the first 6 weeks, baby's sleep will be unpredictable and they will wake up many times during the day and night. This is normal and healthy
  - Sleep duration gets longer as your baby gets older
  - All babies cycle through light sleep and deep sleep
  - And both types of sleep are important for your baby's health
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Let's look at a video of infants in **light sleep**.

**PLAY: Class Clips: Prenatal: Light Sleep**

What did you see the baby doing in light sleep?

- Notice these babies are moving around, smiling and have lots of eye movement
- Both of these babies would wake very easily
- When babies are in light sleep, they may also make noises, open and close their eyes and have rapid breathing
- In light sleep your baby is dreaming
- Light sleep is important for brain growth and development

Now let's look at a baby in **deep sleep**.

**Play: Class Clips: Prenatal: Deep Sleep**

What did you see the baby doing in deep sleep?

- Notice that these babies are difficult to wake up
- A baby in deep sleep will not move much, have relaxed and floppy arms and legs, have regular and steady breathing, make sucking movements, and may not wake up easily. Babies in deep sleep are harder to wake up
- During deep sleep your baby's brain is resting
- Newborn babies fall asleep in light sleep. Some newborns will wake up easily if you lay them down in light sleep. Wait for signs of deep sleep before laying them down.
- Using the arm drop test can be an indicator of deep sleep

Sleep Key Messages:

- Waking often is normal, healthy and is important to keep your baby safe.
- Wait for signs of deep sleep before laying your baby down.
- As your baby gets older, they will begin to sleep for longer stretches of time.

What questions do you have about baby's waking and sleeping?

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Another concern that many parents have is how to know when their newborn needs to be fed.

When your newborn is hungry he may:

- Keep his hands near his mouth
- Bend his arms and legs
- Make sucking noises
- Pucker his lips
- Search for the nipple (root)
- Babies will usually give 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

Let's take a look at a video of a newborn baby that is crying because of hunger.

**PLAY: Class Clips: Prenatal: Hunger Cues**

What hunger cues did you see this baby giving?

- As you can see, this baby in the video is sucking on his hands and sucking on mom's shoulder.
  - If this mom did not respond to the baby's hunger cues, this baby would become very upset and start to cry, which would make feeding more difficult.
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In contrast, let's look at a video of a crying baby that is not hungry.

**PLAY: Class Clips: Prenatal: Crying Baby**

- Notice this baby's jerky movements, tense muscles, stretched out arms and fingers
  - Do you notice a difference between these last 2 babies?
  - When a baby shows you these cues, she's telling you that she needs something to be different
  - We will talk more about cues after your baby is born
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Although it is stressful to hear a baby cry, crying is normal for all babies. It is one way that they communicate with you. Using the right technique to calm a baby can help reduce crying and lessen stress.

**PLAY: Class Clips: Prenatal: Overstimulated Baby**

- In this first video, we will see a mom trying to calm her baby

What did you see?

Was this mom successful in calming her baby?

- The mom was over stimulating the baby with putting toys in that baby's face, changing the baby's position, all in a short amount of time
  - As you can see, trying too many things at once can overwhelm a baby
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Now let's take a look at how other babies were calmed by repeating the same action over and over.

**PLAY: Class Clips: Prenatal: Calming Your Baby**

What was the difference in the actions of the 2 different videos?

- Notice, these babies are held close and are calmed by repeating the same action over and over, such as:
  - speaking softly or singing, gently rocking, swaying or bouncing your baby, massaging her back, arms, or legs
- Sometimes babies calm down right away, others may take longer.
- Remember to be patient. Calming takes time.
- Sticking with the same action for several minutes can be secret to success.
- If your baby continues to cry or becomes more upset after several minutes, try something else.

What questions do you have about calming a crying baby?

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Having a baby is a very exciting time. The first 6-8 weeks can be the hardest on parents. As you get to know your baby, you will recognize what he is trying to tell you and be able to respond to his needs. As he gets older, things are going to get easier.

Do you have any questions about what we discussed today?

What is one thing that you want to remember when your baby arrives?



Your Baby Was Born With The Ability  
To Show You What They Need

			
1 Trimester	2 Trimester	3 Trimester	Birth to 1 month

Postnatal Education Contact  
education contact 1 month following birth



## Baby Behavior Guide

- For staff to use with **VIDEO** option for baby behavior nutrition education contacts.

**Your Baby Was Born With The Ability To  
Show You What They Need  
Baby Behavior- 1 month infant education contact  
(Video Option)**

Hi my name is \_\_\_\_ and today we will be talking about your baby's cues and how to understand them.

We will talk about:

- Communicating with your baby
  - Recognizing your baby's cues
  - Responding to those cues
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- You may have already noticed some of the ways your baby uses his body and makes noises to let you know what he needs
  - These actions are called cues
  - If it is ok, we are going to watch some videos about cues that help explain what your baby is trying to tell you
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There are 2 main cues that babies use to communicate their needs. Listen to Dr. Jane describe how babies show you "I want to be near you" and "I need something to be different".

**PLAY: Class Clips: Early Infancy: Other Cues**

How did the babies in the video show that they wanted to be near you?

As you noticed in the video, babies that want to be near you... (choose from any that the client did not mention):

- |                             |                    |        |
|-----------------------------|--------------------|--------|
| -Look intently at your face | -Blow Bubbles      | -Smile |
| -Have bright, open eyes     | -Reach out for you | -Root  |
| -Have a relaxed face        |                    |        |

- When your baby wants to be near you they pay attention to you or follow the sound of your voice.
- It is important to know that playing and learning is very tiring for your baby and that these interactions may not last very long.
- As an infant gets older they can control their movements better and give caregivers better cues of what they need

Any questions about how to tell if your baby wants to be near you?

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Now, let's watch a video of a baby that has just been fed, showing that he needs something to be different.

**PLAY: Class Clips: Early Infancy: Fussy Baby**

How did this baby show her mom that she needed something to be different?

As you noticed in the video, babies that need something to be different... (choose from any that the client did not mention):

Yawn	Fall asleep	Look Away	Turn Away
Push away	Arch back	Frown	Squirm/kick
Breath rapidly	Cry	Turn red in the face	

What do you think might be bothering the baby in the video?

- Newborns may be sensitive to what's going on inside their bodies.
- Some babies might get fussy a few minutes after a feeding.
- Be patient, she may need to burp, pass gas, or poop.

Knowing that this baby is not hungry, what could this mom do to calm the baby?

(Note: if they state that baby needs to be fed, talk about the baby not showing hunger cues)

-hold them close                      -repetition to soothe                      -change environment

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Babies can also be bothered by what's going on around them or in their environment. Family, friends, bright lights, and noises can overwhelm a new baby. As we watch this next video clip, look for cues that this baby needs something to be different.

**PLAY: Class Clips: Early Infancy: Baby and Sister**

How did the baby show you that she needed something to be different before she cried?

- Frowning
- trembling lip
- turns head
- stiffened arms and legs

What can you do when you notice that your baby is getting overwhelmed by something or someone?

- When your baby starts to get fussy, look to see what is going on around her
- Try turning her away from the activity or noise, and hold her close to your body
- This can help to prevent crying

Any questions about how to tell if your baby needs something to be different?

### Other Cues Key Messages

When babies show that they want to be near you, take advantage of this time to interact with them

Learning is hard work for babies and they can tire quickly

Responding to cues quickly, before your baby starts to fuss, may help your baby cry less

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Newborns are especially good at communicating when they are hungry. They need to be fed often because of their small stomach size (could show stomach size laminated card).

**What is one way that your baby shows you that he is hungry?**

When babies are hungry they may also... (choose from any that the client did not mention)

- Put hands near mouth
- Flex arms and legs
- Make sucking noises
- Pucker/smack lips
- Turn head to the side/root
- Remember babies will usually give multiple hunger cues at one time. They may suck on hands, root, and make sucking noises all at once

Let's take a look at a video of a hungry newborn baby that is crying.

### **PLAY: Class Clips: Prenatal: Hunger Cues**

**What hunger cues did you see this baby giving?**

- Notice that the baby in the video is sucking on his hands and also on his mom's shoulder
- If mom did not respond to this baby's early hunger cues, he would become very upset and start to cry, which would make feeding him more difficult

**Any questions about hunger?**

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Fullness cues are sometimes a bit trickier to recognize than hunger cues.

What is one way that your baby shows you that he is full?

When babies are full they may also...(choose from any that the client did not mention)

- Slow sucking or stop completely
- Have relaxed arms and hands
- Turn head away from the nipple
- Push away
- Fall asleep

Let's take a look at a video of a baby that is showing that he is full.

**PLAY: Class Clips: Early Infancy: Fullness Cues without Narration**

What fullness cues did you see the baby giving?

(You may want to play the video a second time and point out what you see)

- Notice that the baby seems sleepy and stops sucking
- He seems disinterested in the bottle and let's go
- He pushes the bottle away with his hands
- Mom tries again to feed the bottle, he sucks a few times, then stops
- Mom then moves his hands away and tries again
- Mom does not notice the fullness cues that the baby is giving her
- The baby continues to suck in the beginning with each of mom's attempts because milk is dripping out of the bottle and sucking is a reflex to prevent choking
- Just because baby is sucking doesn't mean that he is hungry

What questions do you have about fullness cues?

Hunger and Fullness Key Messages

- Babies will give several cues together to alert caregivers of hunger
- Feeding in response to early hunger cues will lead to a more successful feeding
- It is better to look for hunger cues than to use crying as a sign of hunger
- If baby begins to cry, use calming techniques before feeding the baby
- Looking for early signs of fullness can help with overfeeding and spit up

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Babies are born with the ability to show you what they need. The better you get at responding to your baby's cues, the better your baby gets at showing you what they need.

Do you have any questions about what we discussed today?

What is one thing that we talked about today that you want to remember?

# **Key Messages for Your Baby Was Born With the Ability to Show You What They Need (1 month+ Education Contact)**

## **Key Message:**

- Your baby communicates with you through cues
- When babies show that they want to be near you, take advantage of this time to interact with them
- Learning is hard work for babies and they can tire quickly
- Responding to cues quickly, may help your baby cry less
- Babies will give several cues together to alert caregivers of hunger
- Feeding in response to early hunger cues will lead to a more successful feeding
- It is better to look for hunger cues than to use crying as a sign of hunger
- If baby begins to cry, use calming techniques before feeding the baby
- Looking for early signs of fullness can help with overfeeding and spit up