



Crying Take Home Activity Crying Scenarios for WIC Staff

Instructions: Choose 2-3 situations from this list to complete during the next month. On the back of this page, document briefly what you did and what happened. Be prepared to share your experiences at the next Baby Behavior Refresher Training.

- ___ Talk to a parent about how babies cry less and less as they get older.
- ___ Encourage a parent to try figuring out why her baby is crying before soothing her baby.
- ___ If a parent has checked all the reasons her baby might be and the baby is still crying, assist her in trying “repetition to soothe”¹ to calm her baby.
- ___ Address a parent’s concern about spoiling her baby by explaining that by responding to her baby’s cues, her baby will cry less.
- ___ When you notice somebody using “repetition to soothe”¹ to calm a baby, stop and tell them they’re doing a great job!
- ___ Encourage a parent to hold her baby when they are fussing in the car seat.
- ___ Share steps to calm a crying baby with a parent.
- ___ Explain to a parent why babies stop crying when given a bottle, whether they are hungry or not, and then share with them other ways to calm a baby.
- ___ Help a parent recognize and respond early to cues that their baby needs something to be different, before the baby starts to cry.

¹ Source: NCAST Learning Resource Manual, Barbard, 1978.

In accordance with Federal law and Department of Agriculture USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Washington State WIC Nutrition Program does not discriminate.

For persons with disabilities, this document is available on request in other formats.

To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388).



DOH 961-1035 October 2013

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON

Publication developed by the California WIC Program in collaboration with the UC Davis Human Lactation Center. Reprinted with permissions.