



Washington State WIC Nutrition Program

2016 Baby Behavior Energizers - Sleep

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/Scenarios	Activity	Discussion Questions
<ul style="list-style-type: none"> • Time: 30 minutes • Print the “Sleep Case Studies” document before doing the activity • Cut the document (on the dashed lines) into 5 separate case studies. 	<ul style="list-style-type: none"> • Facilitate this activity with a small group of staff • Break group into pairs to practice counseling using each case study • Each pair will receive a case study with a question to answer • Using the Healthy Sleep For You and Your Baby handout, come up with a short 30-second answer to your participant’s question. (5 minutes to write answer) • Share the case studies and answer with the larger group. 	<p>The questions are printed on the “Sleep Case Studies” document.</p>
<p>“Name That State” activity:</p> <ul style="list-style-type: none"> • Time: 30 minutes • Print the “Name That State – Sleep” document before doing the activity • This document describes the physical signs of 2 of the 6 infant states: <ul style="list-style-type: none"> ○ Light sleep (Active Sleep) ○ Deep sleep (Quiet Sleep) • Cut each physical sign into 9 strips. Laminate each strip, if possible. 	<ul style="list-style-type: none"> • Facilitate this activity with a small group of staff • Several days prior to this activity, ask staff to review the handout: Infant States (light and deep sleep) • Stack the strips on a table 	

Case Studies/Scenarios	Activity	Discussion Questions
	<ul style="list-style-type: none"> • Ask staff to take turns showing the rest of the group one strip • Ask staff to stand up, or raise their hand, as soon as they recognize which state is being described <p>To ensure that each person in the group has time to figure out the answer for themselves, tell staff not to say the answer out loud.</p>	
Trainings	Activity	Discussion Questions
<p>Module 3 - Sleeping (scroll down to the “Staff Refresher Training Materials”)</p> <ul style="list-style-type: none"> • Time: 1 hour • 1 of 3 modules from the Staff Refresher Trainings • A Facilitator’s Guide and materials checklist is included with each module • This training and follow-up activities will help staff: <ul style="list-style-type: none"> ○ Strengthen their skills and build confidence through practical applications of the knowledge of infant sleep messages. 	<p>Facilitate this module with a small group of staff.</p>	<p>Use the discussion questions included throughout the module.</p>

Videos	Activity	Discussion Questions
<p><u>"Getting to Know Your Baby": newborn sleep</u></p> <ul style="list-style-type: none"> • Time: 5 ½ minutes. View in full screen mode • Total time: 15 – 30 minutes, depending on your discussion time • Video contains a chat with Dr. Jane about newborn sleep • Excerpted from the video "Getting to Know Your Baby" developed by the California Baby Behavior Campaign in collaboration with UC Davis Human Lactation Center. 	<ul style="list-style-type: none"> • Watch this video, either in a group or alone • Think about how you'd answer the discussion questions to the right. 	<p>Parents might ask you the following questions. How would you answer them?</p> <ul style="list-style-type: none"> • Why won't my baby sleep through the night? • When will she sleep through the night? • He's only 6 days old, how can I get a little more sleep?



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