

Baby Behavior Clinic Observation Activity

UPDATED APRIL 2022

Instructions:

Read through the list of observations. Look for some of these situations in the WIC clinic throughout the next few weeks. Mark any that you observe and write down anything you might want to remember about the situation. Write down other baby behavior that you may see, and what you noticed about the parent's response to their baby's behavior.

Baby Behavior Observations:

___ Observe a parent who might be using "emotional regulation" to talk themselves out of something, and to assure themselves that everything will be ok.

___ Observe a parent who "took charge" and sought out resources for help in a situation that maybe wasn't going well for themselves and the baby or children. What do you think made it possible for this parent to seek help? (Maybe even your help)

___ Observe a baby in light sleep. Talk to a parent about how light sleep is important for the baby's brain development, and how it's normal and healthy for babies to wake up at night.

___ Observe a baby moving through different states. For example, moving from Quiet Alert to Irritable to Crying or from Drowsy to Light Sleep to Deep Sleep. What made it possible for you to predict what the baby was going to do next?

___ Talk to a parent about how babies cry less and less as they get older.

___ When you notice somebody using "repetition to soothe" to calm a baby, stop and tell them what a great job they are doing!

BABY BEHAVIOR CLINIC OBSERVATION ACTIVITY

___ Encourage a parent to hold the baby when they are fussing in the car seat.

___ Help a parent recognize and respond early to cues that their baby needs something to be different before the baby starts to cry.

___ If a breast/chestfeeding parent is requesting formula, listen carefully to why they think baby is not getting enough to eat. How do you think knowing about baby behavior prenatally might have helped this parent have confidence in building the milk supply?

Other Observations:

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