Title: Baby Talk

Target Audience: Caregivers of young infants (up to 6 months)

Objectives:

1. Identify baby’s hunger cues.
2. Identify baby’s signs of fullness.
3. Describe age-appropriate feedings.

Teaching Materials Needed, Including Handouts:

1. Components of interactive display.
2. Handout materials: Baby Talk pamphlet
3. Infant Stomach Models (where available)
4. Evaluation tool.

Advance Preparation Needed:

1. Set up the interactive display.
2. Copy handout(s) and evaluation tool.

Class Outline and Methods:

1. Set up the interactive display Baby Talk.
2. A knowledgeable staff member will be available for client questions regarding the interactive display. Background information is provided under Concepts.
3. Provide the evaluation tool and guide clients to the display. Inform clients that staff will have questions for them once they return with the completed evaluation tool.
4. The delegated staff will ask clients if they have any questions. If yes, clients will be referred to staff members able to answer the questions.
5. The delegated staff will ask clients “What is one thing you will try to do based on the information you learned today?”
6. WIC staff will document completion of the lesson in the client record. As time allows, information will be included related to the client’s statement of behavior change.

CONCEPTS:

1. Breastmilk is the normal first food for babies.
2. Understanding baby’s hunger cues can be confusing for parents.
3. Each baby “talks” with his or her own body language.
4. Hunger signs may include increased alertness, increased activity such as sucking on hands or fingers, moving arms and legs, rooting reflex and opening their mouth.
5. Crying is a late sign of hunger. Babies feed best when calm, in a quiet place.
6. Breastfed babies may need to eat every 1 ½ - 2 hours during the first weeks.
7. Babies who are not breastfed need iron-fortified formula during the first year.
8. Tummies of young babies are very small and do not stretch. If formula-fed, 2-3 oz formula every 2-3 hours is about right for most very young babies. Babies 4-6 months old may take 4-6 oz every 3-4 hours.
9. Signs of fullness may include baby falls asleep, spits out nipple, bites or plays with nipple, turns head away or clamps mouth shut. Full babies may get fussy if forced to continue eating.
10. Growth spurts occur at about:
    - 10 days
    - 2-3 weeks
    - 4-6 weeks
    - 2-3 months
    - 4-6 months

**Interactive Component:**

1. At the display, clients will “open” each designated piece of the display to see how baby’s body language can signal hunger and fullness.
2. If available, a flip chart of baby stomach models will be used to understand age-appropriate feedings.
3. WIC staff will ask the following questions:
   - a. What new information did you learn? or Tell me about the information you saw in the display.
   - b. What is one thing you will try to do based on this information you learned today?

**Behavior Change Goal:**

The designated staff person will assist the client/caregiver to set a goal based upon the interactive display as outlined in the Methods section above.

**Procedure for Clients to Ask Questions of Trained WIC Staff:**

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.

**Evaluation:**

The evaluation will consist of completing the evaluation tool and interacting with the WIC staff as outlined in the Class Outline and Methods section above.

**Comments/Other:**

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**Lesson Plan Revised By:** Pat Dunavan, MS, RD, LD, January 2013

**Lesson Plan Approved By:**
BABY TALK!!

While looking at the display, please complete the following:

1. List 2 hunger cues identified in the display.

________________________________________________________________________

________________________________________________________________________

2. List 2 ways to identify that your baby is full.

________________________________________________________________________

________________________________________________________________________

3. When do growth spurts occur?

________________________________________________________________________

________________________________________________________________________

4. How old is your baby? ________________________________

5. How much and how often do you feed your baby?

________________________________________________________________________

6. After visiting this display, would you make any changes to feeding your baby?

NO    please explain: __________________________________________________________________

________________________________________________________________________

YES   changes I would make ____________________________________________

________________________________________________________________________