



Michigan WIC
Nutrition Education Module for State Sharing

Your Baby and You

A Special Language to Learn and Love

Individual or Group Education for Parents and Caregivers of Infants



Developed by Monroe County WIC Program
Adapted by the Nutrition Education Advisory Team (NEAT)

Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan
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Michigan WIC Nutrition Education Lesson Plan

- I. Title:** *Your Baby and You: A Special Language to Learn and Love*
- II. Target Group:** Parents and caregivers of infants
- III. Suggested MI-WIC Nutrition Education Topic:** Infant Feeding: Newborn
- V. Learning Objectives:**
1. Each parent and/or caregiver will be able to state one or more of the following:
 - How babies communicate through cues
 - Variety of reasons why babies cry and strategies for calming a crying baby
 - Cues for baby hunger
 - Differences between active sleep and quiet sleep, newborn sleeping patterns, and strategies to help parents and caregivers feel more rested
 2. Each parent and/or caregiver will identify at least one strategy they plan to try, change or continue to respond to their baby's cues.
- VI. Learning Activities/Method:** Individual or group education
- VII. Materials Needed:**
1. PowerPoint slide show: *Your Baby and You: A Special Language to Learn and Love*
 2. Printed copy of the PowerPoint with Notes of *Your Baby and You: A Special Language to Learn and Love*. Review the PowerPoint slides and speaker notes prior to presenting.
 3. "Client Feedback Form" (one per participant)
 4. "Client Feedback Form Key"
 5. Handout: "Hands" – Microsoft Clip Art. Cut printout in half and provide one to each participant during the session.
 6. Reinforcements:
 - a. "Why do Babies Cry?"
https://wicworks.fns.usda.gov/wicworks/Sharing_Center/CA/Handouts/BabiesCryEng.pdf Readability – Grade 3
 - b. "Healthy Sleep: For You and Your Baby"
http://here.doh.wa.gov/materials/healthy-sleep-you-and-baby/15_BabySleep_E11L.pdf Readability – Grade 5
 - c. "Understanding Your Baby's Cues"
<http://www.cdph.ca.gov/programs/wicworks/Documents/BabyBehavior/WIC-BB-EarlyInfancyHandout.pdf> Readability – Grade 12
- VIII. Equipment and Facilities Needed**
- Individual education: Computer or other electronic device with Internet access to view the PowerPoint slide show and website links.
 - Group education: Large room, table, chairs, computer with Internet access to view the PowerPoint slide show and website links, LCD projector and screen.
- IX. Approximate Time:** 45-60 minutes

IX. Outline of Content:

1. Introduction: Welcome each parent and/or caregiver to the nutrition education session and ask them to complete the **Before** section of a “Client Feedback Form.”
2. Activity:
 - Present the PowerPoint slide show: *Your Baby and You: A Special Language to Learn and Love*. The PowerPoint Notes provide guidance for the presenter.
 - Provide the “Hands” handout to each participant to complete when instructed.
3. Summarize key points:
 - Babies may cry because they are hungry, need a break, want to be close, feel uncomfortable, or feel tired.
 - Baby hunger signs: sucking on anything, hands in mouth, rooting, and diving for the nipple.
 - Babies sleep a lot but in short time periods.
 - Tips for parents and caregivers: enjoy this time, go with the flow, embrace chaos, accept help, take care of yourself, be patient, and expect different emotions.
4. Provide reinforcement handouts per parent and/or caregiver interest.
 - “Why do Babies Cry?”
 - “Healthy Sleep: For You and Your Baby”
 - “Understanding Your Baby’s Cues”

X. Evaluation:

1. Ask parent(s) and/or caregiver(s) to complete the **After** section of the “Client Feedback Form” and return it to WIC staff.
2. Staff can use the “Client Feedback Form Key” to identify each parent and/or caregiver’s stage of change intent **Before** and **After** for follow up.

XI. Staff Qualified to Present: RD/RDN, CPA, or another trained nutrition education staff

XII. References:

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Your Baby and You: A Special Language to Learn and Love

Client Feedback Form

Name:

Family #:

This lesson is about responding appropriately to your baby's cues.

BEFORE you start your nutrition education please check ONE statement below that best describes you:

- I *want to learn more* about responding to my baby's cues but I'm *not ready* to take steps yet.
- I'm *ready* to take some steps to respond to my baby's cues.
- I *have started* to take steps to respond to my baby's cues.
- I *have been* taking steps to respond to my baby's cues.
- I am *not interested* in taking steps to respond to my baby's cues.
Suggestion: Talk to your WIC staff about a topic of your interest.

AFTER you complete this lesson please check ONE statement below that best describes you:

- I'm *more aware* of responding to my baby's cues but I'm *not sure* when I will start.
- I plan to *start* taking steps to respond to my baby's cues, *soon*.
- I plan to *start* taking steps to respond to my baby's cues, *today*.
- I plan to *continue* taking steps to respond to my baby's cues.
- I am *not interested* in responding to my baby's cues.

Tell us one thing you learned today:

If you plan to make changes tell us what they are:

Thank you!

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Staff Use Only

MI-WIC NE Topic: Infant Feeding: Newborn

MI-WIC Recorded by:

Staff initials:



Your Baby and You: A Special Language to Learn and Love

Client Feedback Form Key

Name: _____

Family #: _____

This lesson is about responding appropriately to your baby's cues.

BEFORE you start your nutrition education please check ONE statement below that describes you:

- I *want to learn more* about my baby's cues but I'm *not ready* to take steps yet. *Contemplation*
- I'm *ready* to take some steps to respond to my baby's cues. *Preparation*
- I *have started* to take steps to respond to my baby's cues. *Action*
- I *have been* taking steps to respond to my baby's cues. *Maintenance*
- I am *not interested* in taking steps to respond to my baby's cues.
Suggestion: Talk to your WIC staff about a topic of your interest. *Pre-contemplation*

AFTER you complete this lesson please check ONE statement below that best describes you:

- I'm *more aware* of responding to my baby's cues but I'm *not sure* when I will start. *Contemplation*
- I plan to *start* taking some new steps to respond to my baby's cues, *soon*. *Preparation*
- I plan to *start* taking steps to respond to my baby's cues, *today*. *Action*
- I plan to *continue* taking steps to respond to my baby's cues. *Maintenance*
- I am *not interested* in responding to my baby's cues. *Pre-contemplation*

Tell us one thing you learned today:

If you plan to make changes tell us what they are:

Thank you!

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<p>Staff Use Only MI-WIC NE Topic: Infant Feeding: Newborn MI-WIC Recorded by: Staff initials:</p>
