

Help Moms Learn Their Baby!

Use this “cheat sheet” for ideas on how to effectively educate mothers about key maternity care practices associated with the Learn Your Baby Counseling Sheet.



USING IT IN WIC

- **WIC CPA** during 2nd nutrition education contact
- **Peer counselor** during prenatal education in the clinic or by phone
- **Educator** during group education classes or support group meeting
- **Anyone who counsels new moms** about infant feeding



TEACHABLE MOMENTS

- **3rd Trimester of Pregnancy:** Help moms prepare for what they want at the hospital.
- **Early Postpartum Period:** Guide moms in knowing when to feed and how to calm baby.



WIC PARTICIPANT-CENTERED APPROACH

Starting the Conversation

- What are you looking forward to most about your new baby?
- What do you think the first few days will be like?
- Take a look at these pictures. Which one is something you might like to learn about to help you tune in to your baby?

Sample Follow-Up Questions



KEEP BABY CLOSE

- Tell me what you've heard about keeping baby in your hospital room with you.
- What concerns do you have about your baby staying with you in the hospital?



WATCH FOR FEEDING CUES

- How do you know (or think you will know) your baby wants to eat?
- What do you think baby is telling you when he is sucking on his hands?



RESPOND EARLY

- What do you think your baby might be telling you when he gets fussy?
- What do others tell you to do when your baby begins to fuss?



CALM BABY

- What are some ways you think could help calm your baby?
- Who will be at the hospital (or home) to help you calm baby when he fusses?



KEEP YOUR ROOM QUIET

- Who do you want to be with you to enjoy bonding with the baby?
- What concerns would you have about asking visitors to keep visits short?



ASK CHAMPION FOR HELP

- Who will be with you as your champion while you are in the hospital (or home)?
- What role would you like your champion to have?



COMMON CONCERNS

COMMON CONCERNS	AFFIRMATION	EDUCATION	LEARN MORE WITH FREE APP
<p>Mom delivered the baby by C-Section and wants the baby in the nursery.</p>	<ul style="list-style-type: none"> • It sounds like you are a great mom to want your baby cared for. • Many women feel anxious about how they will be feeling after the birth. • Some mothers do have a tiring birth experience and might need some help. 	<ul style="list-style-type: none"> • Babies are much happier and sleep better when they are near you! • Ask a champion to be with you while you are in the hospital, especially at night. You can watch for baby's cues together. • The nurse "call button" is your lifeline to help whenever you need it. • Keep baby's bassinet right by your bed to easily get baby in and out. • If pain medicines make you sleepy, always place the baby in the bassinet or ask someone to help. 	<p>App Category: Keep Baby Close</p> <p>Section: Keep Baby in Room</p>
<p>Baby must be separated from mom due to a medical situation.</p>	<ul style="list-style-type: none"> • It must be hard not to be able to be with your baby. • I can tell how much you love your baby to be worried about him. 	<ul style="list-style-type: none"> • Ask to be with your baby as soon as possible. • Express milk if baby cannot be directly fed. This will help get your milk started so you'll have plenty when your baby is ready. 	<p>App Category: Learn Your Baby</p> <p>Section: Feeding Baby on Cue</p>
<p>It is hard to know when baby is hungry.</p>	<ul style="list-style-type: none"> • Many women wonder how they will know their baby's needs. • It sounds like you really love your baby and want to care for him. 	<ul style="list-style-type: none"> • Every baby has his own special way to show you what he needs. • You and your champion can watch for signs, such as sucking on hands or fingers, making mouthing movements, or moving head from side-to-side. • Avoid using a pacifier the first few weeks so you can more easily tell when your baby wants to be fed. 	<p>App Category: Learn Your Baby</p> <p>Section: Feeding Baby on Cue</p>
<p>Baby is fussy, especially on the second day/night.</p>	<ul style="list-style-type: none"> • It can be exhausting when the baby requires more care on the second day! • It sounds like you are a great mom to be concerned about your baby's well-being. 	<ul style="list-style-type: none"> • Most babies are sleepy the first day and become more alert by day two. • Babies easily get over stimulated when there is a lot of activity in the hospital. • Keep the room quiet and calm to help baby cope better on the second day/night. 	<p>App Category: Learn Your Baby</p> <p>Section: Feeding Baby on Cue & Comforting Baby</p>
<p>Family members are convinced baby is not getting enough to eat.</p>	<ul style="list-style-type: none"> • It sounds as though your family really cares about your baby. • It can be hard to hear negative comments from family members. 	<ul style="list-style-type: none"> • Babies fuss for many reasons besides hunger. • When babies fuss, they are simply trying to let you know they need something. • Baby's feeding cues will help you know when your baby needs to eat. 	<p>App Category: Learn Your Baby</p> <p>Section: Feeding Baby on Cue & Comforting Baby</p>