

Baby Behavior Key Messages for Infant Enrollment

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This exercise is for staff training and guidance only.

The focus is on participants own baby; look for teachable moments to incorporate the key messages from below.

Hunger Cues

- Newborns need to eat often because their stomachs are full.
- Focus on your hunger baby’s cues, what are they telling you?
- Hunger cues are clustered, watching your baby will help you learn.

Fullness Cues

- Fullness cues can be trickier to recognize.
- Focusing on your baby’s fullness cues will help you learn when they are full.

Review “I am Hungry. I am Full.” in the [Getting to Know Your Baby \(Baby Behavior Brochure\)](#).

Watch [MN WIC Baby Behavior Education clip #7 “Fullness Cues”](#).

Other Cues

- Hunger and fullness cues are only some of the cues that babies use. Babies have many other cues that help us learn what they need.

Watch [MN WIC Baby Behavior Education clip #18 “All about baby cues”](#). (optional)

“I Want to be Near You” Cues

- Your baby will tell you when it is time to interact, learn and play.
- Newborn babies get tired easily, and this playing and learning time may be very short.

“I Need Something Different” Cues

- Newborns might be sensitive to what’s going on **inside** their bodies (gas, poop, burp).
- Newborns might be sensitive to what going on around them, **outside** their bodies (noise, bright lights, wet diaper).
- Babies can’t say out loud what they need to be different, you have to figure that out another way.

Questions to consider: What is your baby especially sensitive to? How does he let you know “I need something to be different”?

Review “I want to be near You. I need something to be Different.” in the [Getting to Know Your Baby \(Baby Behavior Brochure\)](#).

Watch [MN WIC Baby Behavior Education clip #24 “What do I do if my baby isn’t hungry but is crying?”](#)

Watch [MN WIC Baby Behavior Education clip #10 “I need something to be different” cues. \(optional\)](#)

Closing

- Responding to cues quickly, before your baby starts to fuss, may help your baby cry less.
- As you and your baby get to know each other, you will get better and better at communicating with each other and things will get easier.

Reference- Complete Listing of Hyperlinks:

[Getting to Know Your Baby](#)

(<https://www.health.state.mn.us/docs/people/wic/nutrition/babybehaviors/english.pdf>)

[MN WIC Baby Behavior Education](#)

(<https://www.youtube.com/playlist?list=PLnv1INVkxmmtYaMmowS5oBHnbgmps7Ai1>)

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