

Prenatal Baby Behavior Role Play Activity-B

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Introduction

This is the parents second baby. The parent remembers the first the first baby was a fussy baby and didn't sleep well.

NOTE: For this interaction you will use the [Getting to Know Your Baby](#) (Baby Behavior Brochure).

Sleep Patterns

CPA: Hi Stacey! Wow, you're already 8 months along. This baby is going to be here soon! Your first child has grown so much, how old is Anna now?

Stacey: *Anna just turned 2 last week. It seems like just yesterday she was a baby, now I'm having another one.*

CPA: Having a baby is an exciting time, and each baby is unique. What do you remember about those first few weeks with Anna?

Stacey: *I remember that it seemed like she never slept, and I was exhausted.*

CPA: Yes, those first few weeks can be hard. Many moms say that waking at night is one of the hardest things about being a new parent.

Stacey: *Yes, I would agree. I'm not looking forward to getting up at night again.*

CPA: Waking up is normal and healthy for babies. You know what to expect but you also have experienced that it doesn't last forever, and as babies get older, they sleep for longer stretches.

Since at first, your sleep will be in 2-3 hour stretches, we have some tips for sleepy parents in our Baby Behavior brochure. Would you like to have a copy?

Stacey: *Yes please, any tips to make things easier would be good. I'm hoping this one will sleep through the night sooner than Anna did.*

CPA: The brochure I just gave you talks about normal sleep patterns for babies. Let's take a look and see what is considered normal for most babies.

[Go over **sleep patterns** in the [Getting to Know Your Baby](#) (Baby Behavior Brochure)]

Stacey: *I'm glad to know that babies don't know what day is and what is night. My mother-in-law kept trying to tell me that I needed to keep Anna up all day so she would sleep through the night. Unfortunately, it didn't work.*

CPA: Newborn babies have to wake at night to eat because their tummies are so small. Waking every 2-3 hours is normal and healthy.

What else do you remember about those first few weeks with Anna?

Stacey: *Well, she was a very fussy baby. I would try to feed her but that didn't help, she just wanted to be held and jiggled as I walked around the house.*

CPA: Sounds like you figured out how to calm Anna by doing the same thing over and over again. That's a great thing to remember when this baby comes too.

Stacey: *Yes, I remember at first, I thought she was just fussing because she needed more to eat and I didn't have enough breastmilk for her. But even when I switched her to formula, she still was fussy.*

CPA: Sometimes it's hard to figure out what newborns need. It sounds like you figured out that babies cry for many reasons, not just because they are hungry. I'm confident that you and the new baby will figure things out together too.

Stacey: *Yes, I don't think I will be in such a panic this time. And hopefully I will be able to breastfeed this one for a longer period of time.*

CPA: You want to breastfeed this baby longer. Because of your experience with Anna, you have confidence that if your baby isn't showing hunger cues that they aren't hungry. They are likely fussing for another reason. And you have learned how to calm a fussy baby by gently rocking or jiggling them.

Stacey: *Yes. I guess I do know a lot more about babies this time. I can't wait for her to arrive. It will be a busy, but I feel like I'm more prepared this time.*

CPA: I heard you say her, does this mean you are having another little girl?

Stacey: *I sure am! This will mean that the new baby can share some of Anna's old clothes and stuff. It is good to know that that may be all they share.*

CPA: I am so happy to hear that, and you are correct. Each baby is a new experience and a rewarding one at that. Remember, if you have any question at all, please stop in or give us a call. I look forward to seeing the new little one!

References- Complete Listing of Hyperlinks:

[Getting to Know Your Baby](https://www.health.state.mn.us/docs/people/wic/nutrition/babybehaviors/english.pdf)

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