Title: Bringing Up Baby

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

Objectives:

1. Identify appropriate foods for the first 6 months.
2. Identify appropriate feeding techniques for the first 6 months.

Teaching Materials Needed, Including Handouts:

1. Components of interactive display, including Infant Stomach Models (if available).
2. Handout materials:
3. A Guide for Feeding Your Baby – Birth to 8 Months
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 Bringing Up Baby.
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. If the LA chooses, information will be included related to the client's statement of behavior change.

CONCEPTS:

1. Conflicting information can cause confusion in feeding babies during the first 6months.
2. Breastfeeding is emphasized as the first choice for infant feeding.
3. From birth to 6 months, baby's ability to feed includes: suck and swallow liquid; push tongue out.
4. Breastmilk (or formula) is the only food needed the first 6 months.
5. Bottles are for breastmilk (or formula) only.
6. Babies should not be forced to finish bottles.

7. Microwaves should not be used to heat bottles –use warm running water or set the bottle in a pan or bowl of hot water that has been removed from the heat.
8. Microwaves should not be used to thaw or reheat breastmilk.
9. Healthy young babies do not need extra water.
10. Before introducing solids, babies must be able to: sit up and hold head steady; open mouth to take food from spoon; close mouth and turn head away to show (s)he doesn't want food.

Interactive Component:

1. At the display, clients will open the "remember" flap to review tips for feeding babies the first 6 months.
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 survey attached and interacting with WIC staff as outlined in the Class Outline and Methods section above.

Comments/Other:

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Lesson Plan Approved By:

Date:

BRINGING UP BABY

While looking at the display, circle the best answer for the following statements:

1. If your baby is 3 months old, you should feed:

   a. breastmilk or formula b. cow's milk c. cereal

2. Young babies do not need extra water.

   a. true b. false

3. It is not safe to use the microwave to thaw or heat breastmilk.

   a. true b. false

4. If your baby is 5 months old, you should feed:

   a. breastmilk or formula b. cow's milk c. cereal

Please answer the following questions:

1. How old is your baby? _____

2. What do you feed your baby? _____

3. After visiting this display, would you make any changes in feeding your baby?

   YES (please give examples)_____

_____

   NO (why not?) _____