Interpreting Baby Behavior
(0.5 units)

Description: This course provides expertise in cutting-edge, evidence-based messages about babies’ cues, crying, and sleep patterns and how to teach these to new parents. Parents with inaccurate expectations about infant behavior are less able to interact effectively with their infants. Infant crying and waking are common reasons for using supplemental formula or discontinuing breastfeeding. Helping parents better understand their infant’s behavior supports new mothers in providing appropriate interactions and responsiveness to their infant's needs while meeting their breastfeeding goals, preventing overfeeding and the risk of obesity. This expertise is essential for lactation support professionals as well as for those in the child development and early childhood education professions.

Student Learning Outcomes: Upon completion of this course, the student will be able to:

- explain the rationale and evidence base for specified focused messages on infant cues, crying, and sleep when teaching parents and caregivers of infants.
- explain infant states and state modulation, describe the six distinct infant states, and teach the key caregiver education messages associated with each state and with helping infants when changing states.
- differentiate between engagement and disengagement cues, explain the relationship between states and cues, and interpret clustered cues in young infants.
- discuss normal crying, explain persistent crying, assess parental perceptions of crying, and teach techniques for promoting self-soothing skills in infants and for calming crying babies.
- discuss misconceptions and realities around infant sleep states and sleep-wake cycles, developmental changes through infancy, comparison to adult sleep cycles, and reasons for excessive waking.
- demonstrate skills in teaching the simplified core messages about infant cues, infant crying, and infant sleep and supporting healthy caregiver-infant interactions.
- describe abnormal baby behaviors that are possible signs of newborn illness or compromise.

Spring 2020 schedule: 5-week 2, Mar 3 – 31

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<th>Day</th>
<th>Time</th>
<th>Instructor</th>
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<tr>
<td>Tues</td>
<td>4:00PM-5:20PM LEC</td>
<td>K.Fox</td>
<td>ARC MAIN HeEd 716</td>
<td>12312</td>
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Textbooks at Beaver Bookstore

Enrollment Fee for this 0.5-unit class is $23; 70% of our students qualify for a BOG fee waiver.