

Secrets of Baby Behavior: Promoting Positive Interactions between Parents and their Infants

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The Problem

High Initiation – Early Supplementation or Cessation – No Request for Help

Formative Work



California WIC



Expectation: Infants

Full – Quiet – Sleeping

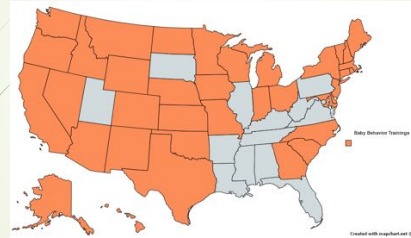
Expectations

- Babies' behavior is mysterious and "out of no where"
- Babies cry only when tired, hungry, or wet
- Babies should sleep through the night within the first few weeks

Reality

- Babies always have a reason for their behavior – use cues
- Babies cry for many reasons, responding to cues = less crying
- Babies need several months to be ready to sleep through the night

Baby Behavior: California WIC and Beyond



California Hospitals



Expectation: Newborns

The First 72 Hours



DaMota et al. JHL 2012



"Day 2"



"No Milk"

Latch Roller Coaster



"Every time that I tried to breastfeed, he would have a tantrum, become really angry. So then I thought 'Why? Why should I make him suffer?'"

DaMota et al. JHL 2012

"He wasn't sleeping and was constantly crying and when I would get him to latch, there was nothing."

DaMota et al. JHL 2012

"I gave her formula, I would put her close but she would barely latch on. It was if she wanted everything to be easy and for everything to be fast. And I would say 'I can't do it either.'"

DaMota et al. JHL 2012

"They would also help show how to position him so that I could breastfeed him but no milk would come out and no milk would come out so then I had to give him formula."

DaMota et al. JHL 2012

Mothers Understandably Confused



Expectations

- Milk should come in right away
- Latch should be perfect the first time
- Baby should feed every few hours
- Formula is needed for all babies having "problems"

Reality

- Milk comes in after hospital discharge
- Effective latch may take several days
- Babies should feed when hungry
- Formula is only needed for medical concerns



Moms may perceive infant feeding goals no longer possible

Coping with Stress

- If people believe there is a solution –

Problem Management

- ✦ Seek information
- ✦ Identify solutions
- ✦ Attempt and evaluate solutions

- If people don't believe there is a solution –

Emotional Regulation

- ✦ Reinterpret goals
- ✦ Disengage, detach
- ✦ Denial of consequences
- ✦ Anger, aggression

Glanz J Occup Med 1992; 34: 1071-8.

3 Ways to Move Moms out of Emotional Regulation



Preventing Unnecessary Supplementation

- Anticipate unrealistic expectations
- Help reorient parents when biologically normal infant behavior is being interpreted as a 'problem'
- Help parents anticipate the common breastfeeding transition





Supporting Parents in the Real World: New Tools



Challenge #1: Must get mothers past real and perceived barriers to optimal feeding practices



Challenge #2: Messages must be short, effective, and inoffensive

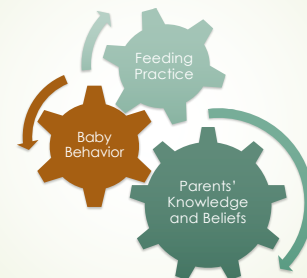


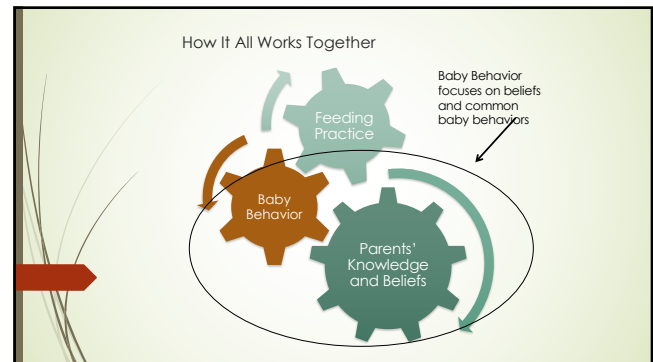
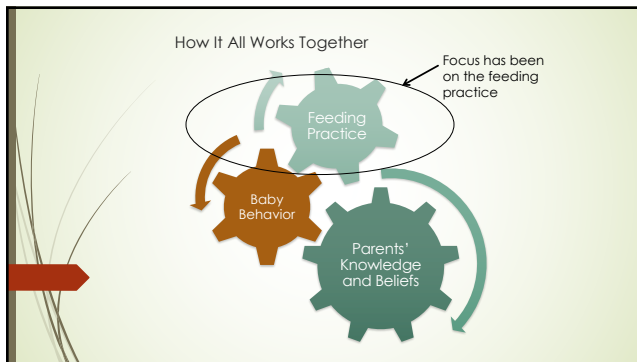
Challenge #3: Provider must be trusted credible resource of information specific to each baby



Understanding Real Babies
That's the key!

How It All Works Together






The Cornerstones of Baby Behavior

1. Engage the caregiver using your knowledge of their newborn and BF
2. Stay with the basics that relate to caregiver immediate needs
3. Value and validate the baby's skills – use the baby's name




Simplification of NBO and NCAST interventions



Baby Behavior Basics


Types of Infant Cues

- Young infants try to tell caregivers when they want to interact (**engagement cues**)
- Young infants try to tell caregivers when they need something to be different (**disengagement cues**)



Kelly et al. Promoting First Relationships, NCAST Pub 2003

Engagement Cues



- Obvious**
 - Looking intently at faces
 - Rooting
 - Feeding sounds
 - Smiling
 - Smooth body movements
- Subtle**
 - Eyes open
 - Face relaxed
 - Feeding posture
 - Raising head
 - Following voices and faces

Kelly et al. Promoting First Relationships, NCAST Pub 2003

Engagement



Disengagement Cues



Obvious

- Turns away
- Pushes, arches away
- Crying
- Choking, coughing
- Extending fingers, stiff hand
- Falling asleep

Subtle

- Looks away
- Faster breathing
- Yawning
- Hand to ear
- Grimace
- Glazed look

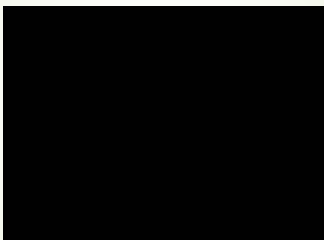
Kelly et al. Promoting First Relationships, NCAST Pub 2003

Disengagement



Your turn: What cues do you see?

What's the cue?



What happens next?



What's happening here?



Crying: Babies' "Super Power"

- Crying results in a sound that affects the nervous system
 - Drives adult activity!
- Must be loud to rouse sleeping caregivers
 - Prompt response to cues can reduce crying



Hiscock H. The Crying Baby. Australian Family Physician 2006; 35: 680-4.

"Normal" Crying

- ALL infants cry
 - Crying is used to communicate needs
 - Newborns cry more than older infants as they adapt to their new environment and struggle to provide readable cues
- As adults respond to cues and babies refine their cues, crying lessens – any responsive caregiver can assist in this process



Hiscock H. 2006; Nugent 2007

Why Do Babies Cry?

- Hunger
- Discomfort/Pain
- Distress
- Fatigue
- Overstimulation
- Frustration
- Unfamiliar sensations
- Distractions
- Fear



Hiscock 2006; Nugent 2007

Why do babies cry in your environment?

Calming Crying Babies

- Address the issue – respond to cues!
- Babies like faces, touch, sucking
- Reduce varied stimulation
- Introduce repetitive, sustained stimulation (repetition to soothe)



Kelly et al. Promoting First Relationships, NCAST Pub 2003

Parents' Perceptions of Sleep

- "Good" babies sleep through the night
- Goal becomes to "fix" the infant's sleep "problem"



Heinig, J Hum Lact 2006

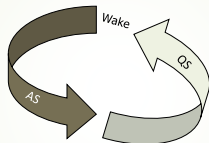
Active Sleep



Quiet Sleep



Newborn Sleep/Wake Cycle



Newborns start sleep in Active Sleep (AS) and move to Quiet Sleep (QS)

Infants in active sleep may wake up easily when put down

2-Month-Old Sleep/Wake Cycle

- Infants begin with shorter periods of Active Sleep then move into Quiet Sleep
- They start to have longer quiet sleep periods at night



Parmelee 1964

Older Infant Sleep/Wake Cycle: 3+ months

- Sleep patterns are more consistent
 - More likely to fall asleep into Quiet Sleep (just like adults)
 - More in tune with the light-dark cycle
 - Sleeping longer stretches during the nighttime



Heraghty et al. 2008; Jenni and LeBourgeois 2006; Peirano et al. 2003; Parmelee 1964



Let's not forget newborns!

Breastfeeding: Beginning the Ultimate Partnership

- Infant/mom rest after delivery
- Colostrum provides essential nutrients and factors despite small quantities
- Infant driven to practice many times per day – more alert when things are not going well
- Milk increases when infant is more likely to be ready



Latch Roller Coaster May be Unexpected



- Feeding behavior is reflex-driven
- Practice makes it happen
- Support mother to monitor progress
- Small steps are good
- "No change" = needs help

Preventing Unnecessary Supplementation

- Anticipate unrealistic expectations
- Help reorient parents when biologically normal infant behavior is being interpreted as a 'problem'
- Help parents anticipate the common breastfeeding transition



"Side Effects"



Let's Practice

The Cornerstones of Baby Behavior

1. Engage the caregiver using your knowledge of their newborn and BF
2. Stay with the basics that relate to caregiver immediate needs
3. Value and validate the baby's skills – use the baby's name



Simplification of NBO and NCAST interventions

Baby Behavior: Newborn Examples

- "Listening to Sarah cry is hard, she's just letting us know she needs some help. Remember how we said that Sarah would get more fussy today because she is waking up and ready to start learning to feed. She's going to want to practice a lot today."
- "Before I came in, was Sarah turning away from you, closing her eyes, or arching? She's telling you that something is bothering her. What do you think might be bothering her? The TV? Yes, it might be a little loud, let's try turning it down."

Can You Explain What You See?

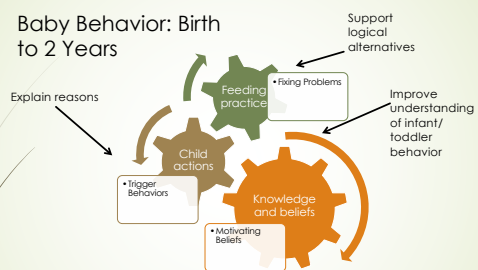


Can You Explain What You See?



The Future

Baby Behavior: Birth to 2 Years



"Bottom Up" Approach to Improve Infant/Toddler Feeding



Questions?

For More Information

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Thank you!!