



Sharing Baby's Behavior



Jan Tedder BSN, FNP, IBCLC





Disclosure

**Jan researched, created
and is president of HUG
Your Baby.**

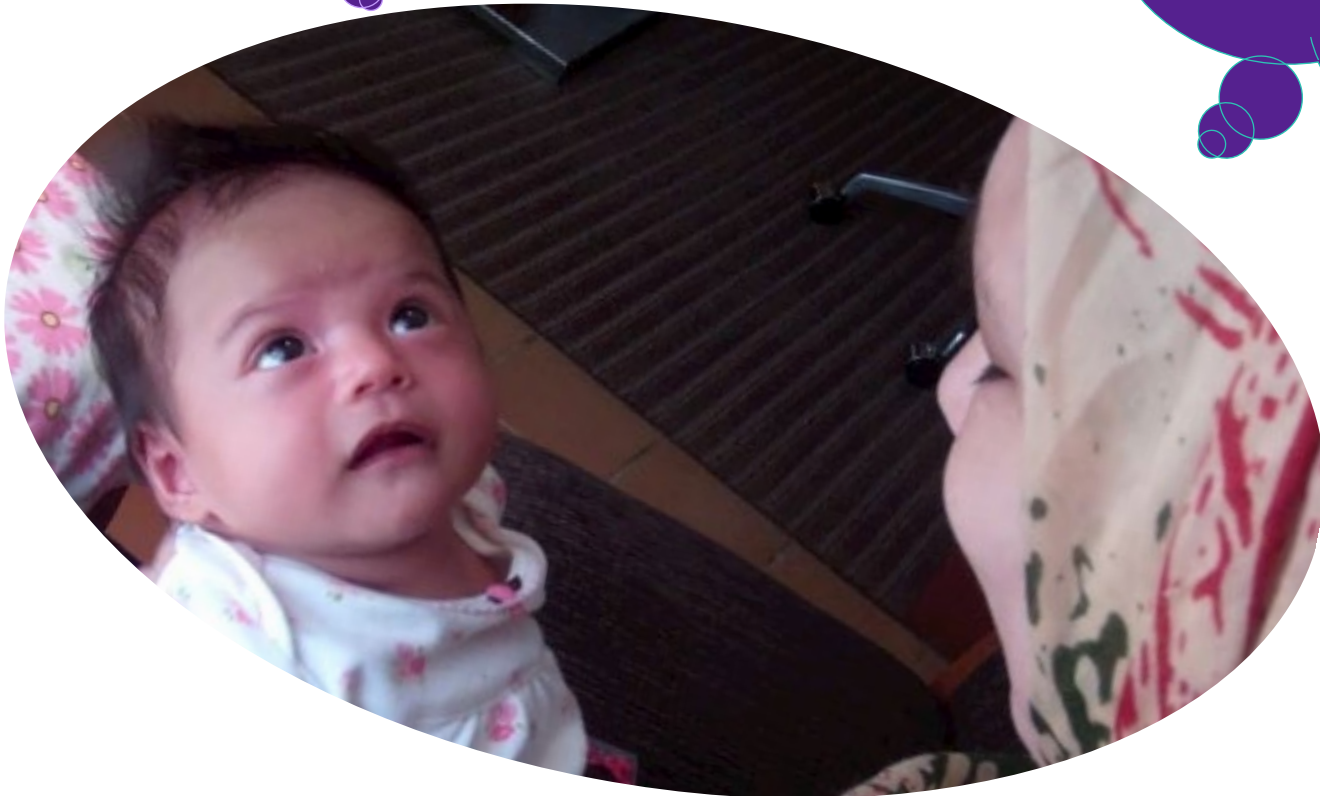




**WIC/
HUG Your Baby
State- and
Tribal-wide
Programs**

**“Why won’t
you look at
me?”**

**“You must not
love me or my
milk!”**



**“She cries more
this week than last
week.”**

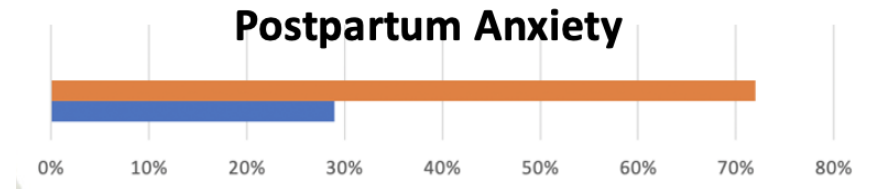


**“Let’s add some
formula!”**

"My baby wiggles and squirms off and on all night!"

"I need to add some formula at night!"





After Pandemic 

Before Pandemic 

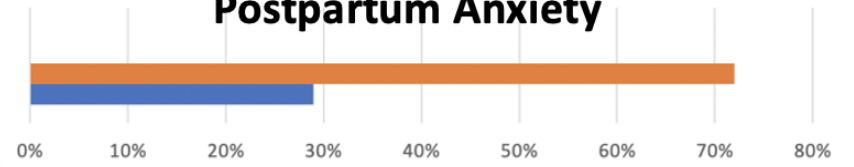
Koleilat et al. 2022;
Davenport et al. 2020

After Pandemic 

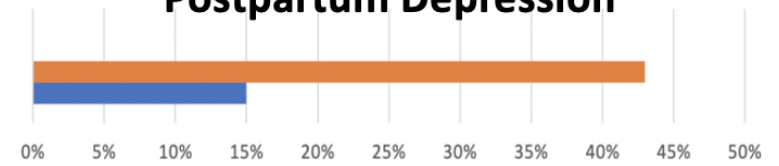
Before Pandemic 



Postpartum Anxiety



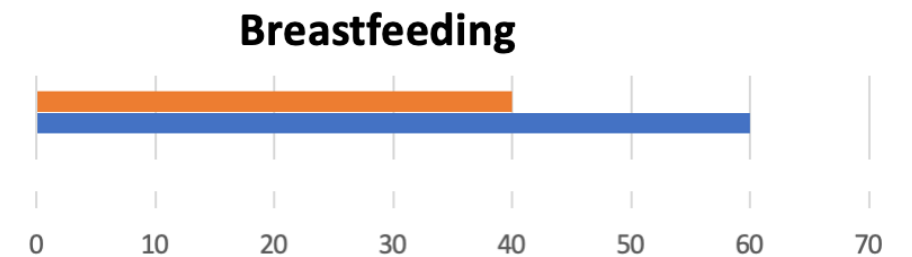
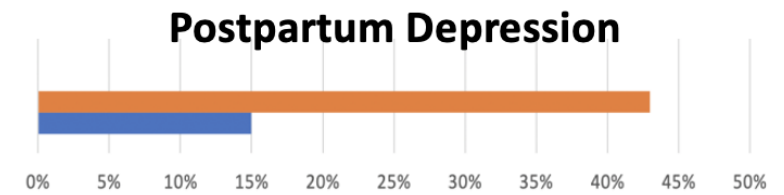
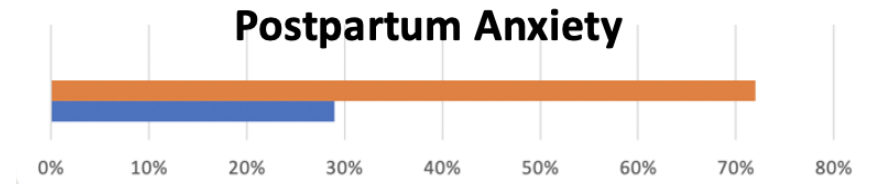
Postpartum Depression



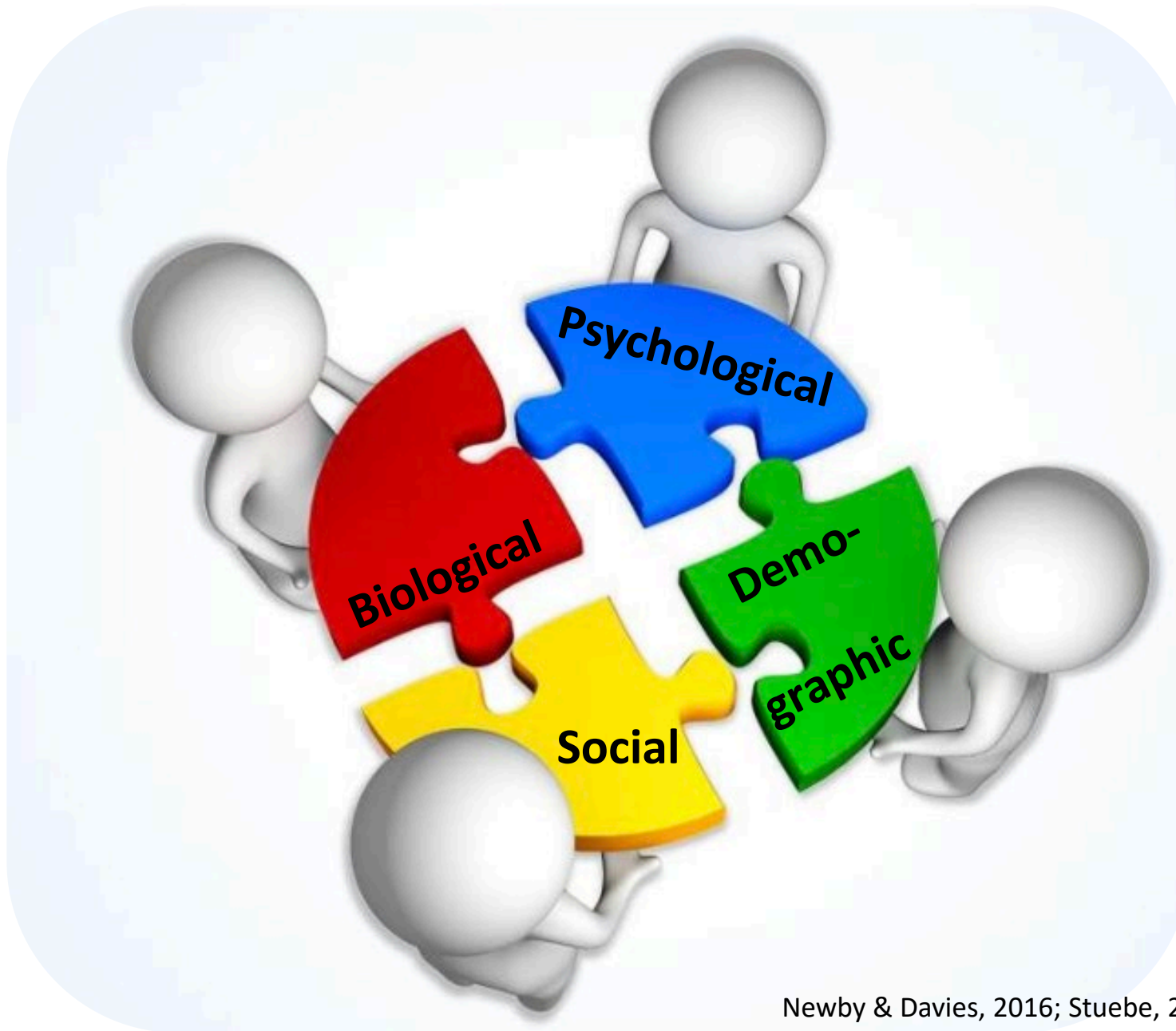
Koleilat et al. 2022;
Davenport et al. 2020

After Pandemic 

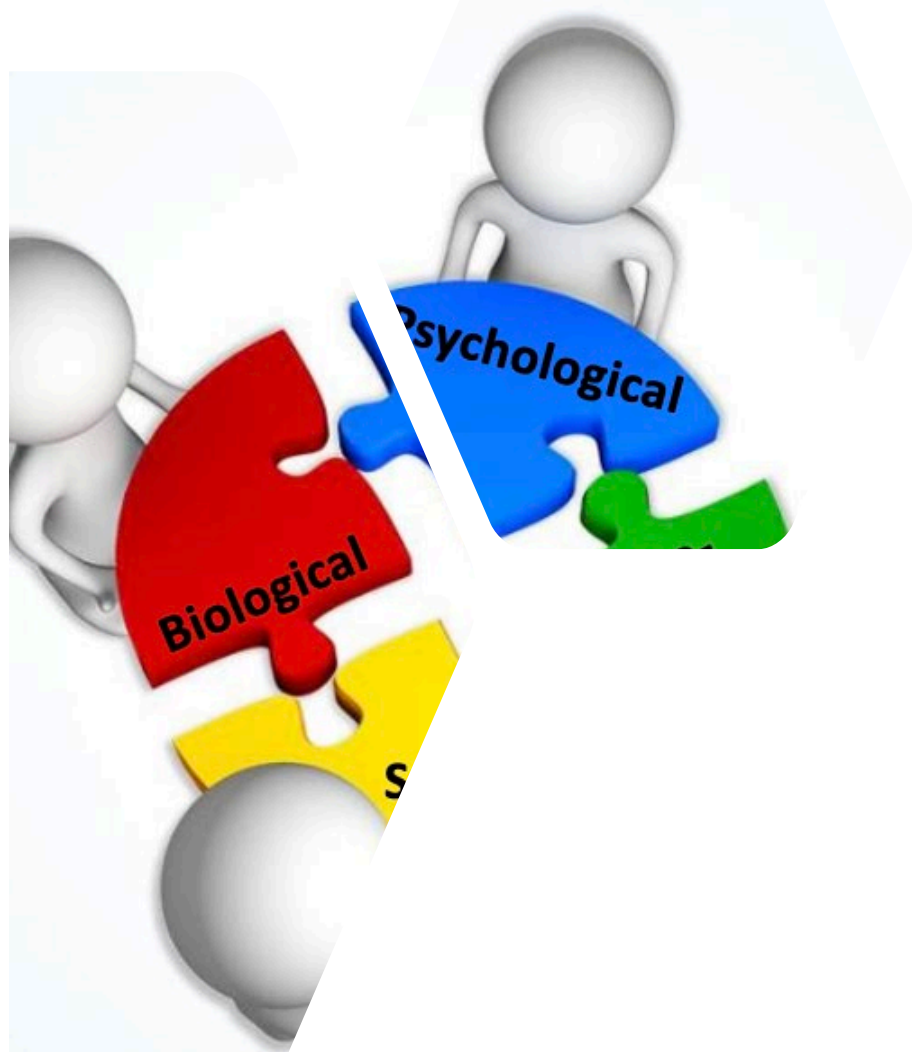
Before Pandemic 



Koleilat et al. 2022;
Davenport et al. 2020



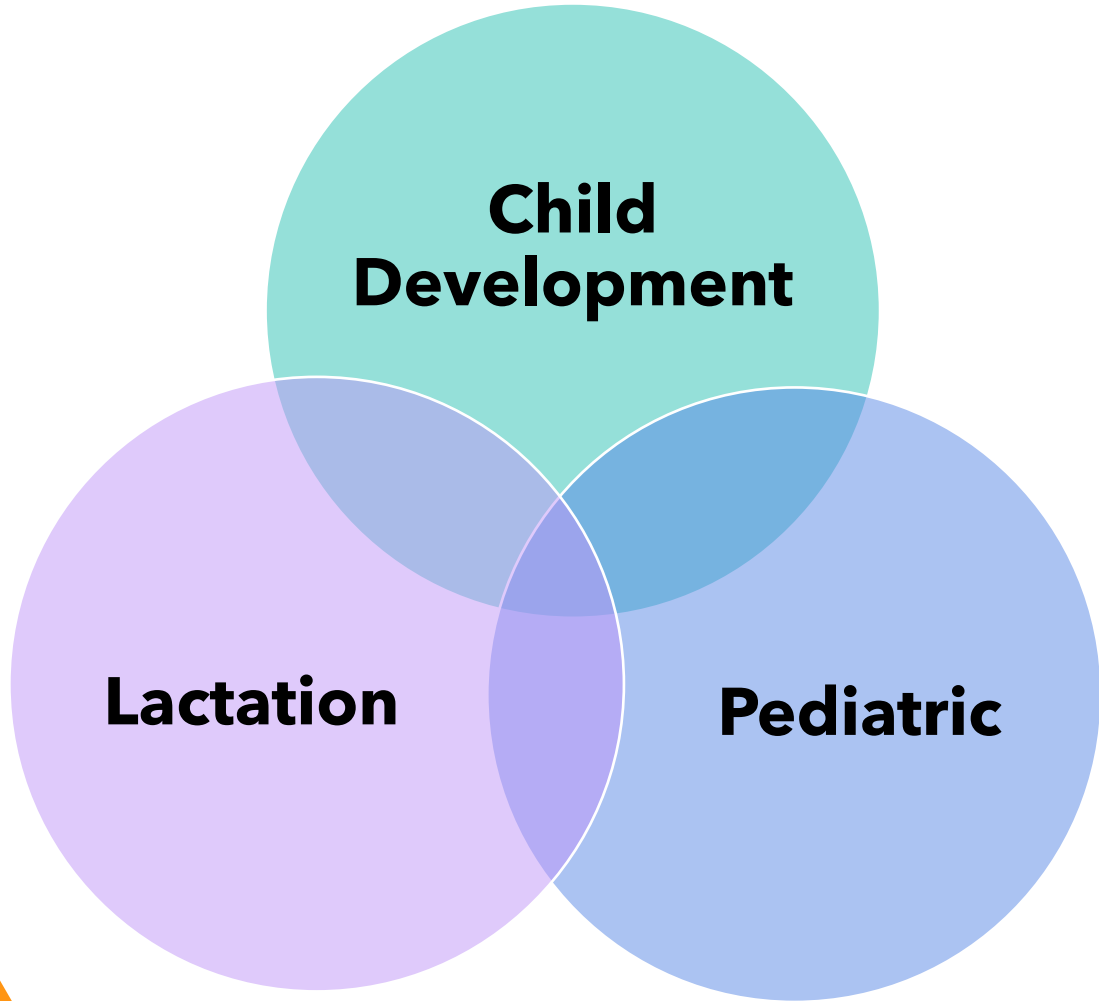
Newby & Davies, 2016; Stuebe, 2014

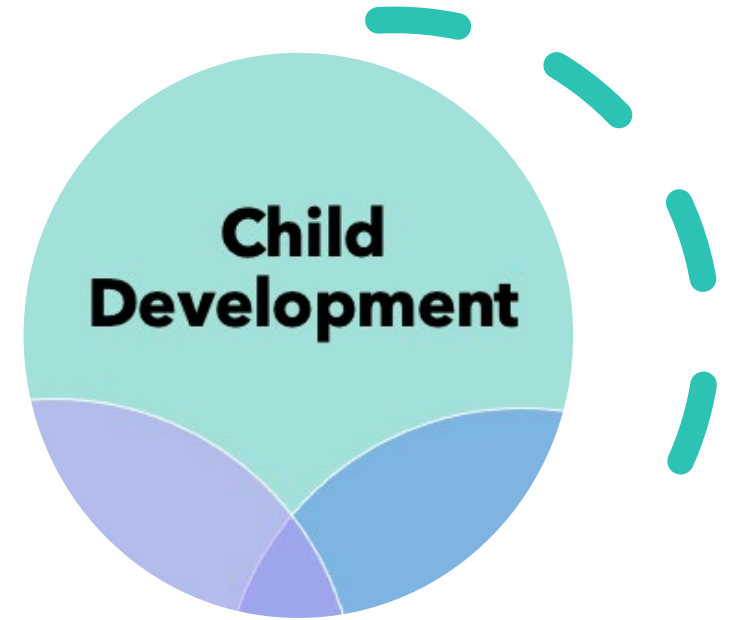


- **Misunderstanding baby's behavior**
- **Lack of confidence**

Wood, 2019









**World Health
Organization**



Responsive Parenting

- Notice
- Understand & interpret
- Take best action



Responsive Parenting:

Core of emotional, intellectual
and social development





Legacy for Children

**Responsive
Parenting**





Legacy for Children

**Maternal
Anxiety**

**Prenatal to
age 3**

**High Risk
poverty**





**Expected
Outcomes**



**Decreased
Anxiety**

**Decreased
Depression**

**Increased
Confidence**

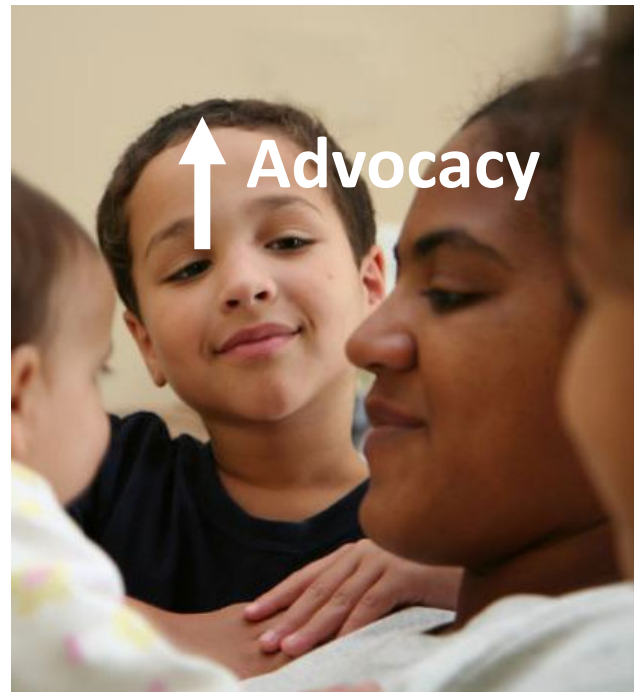
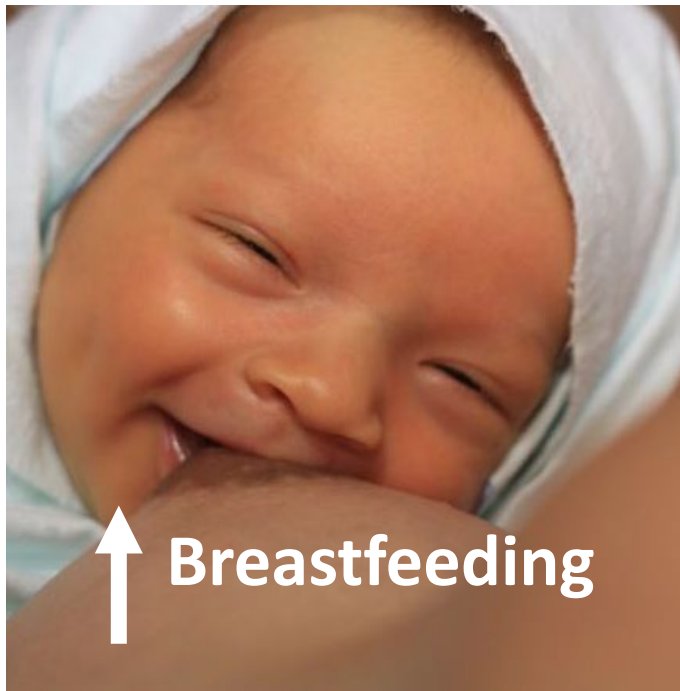
SURPRISE Outcomes!



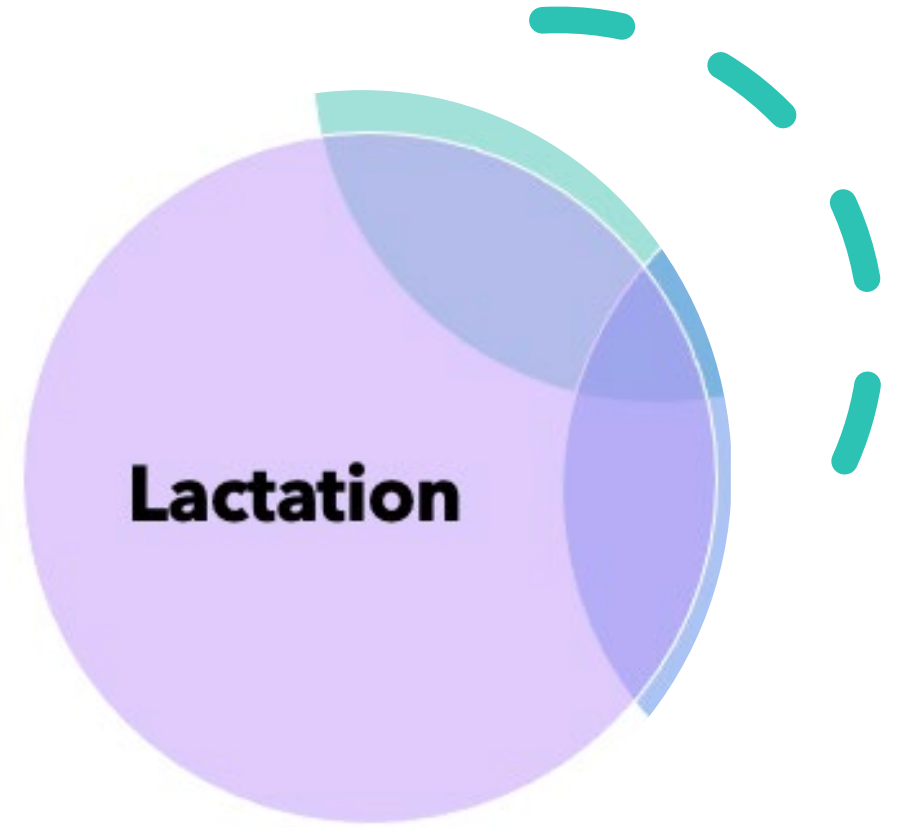
**Did more
research**

**Increased
Advocacy
for Self
& Baby**

**Increased
Community
Involvement**







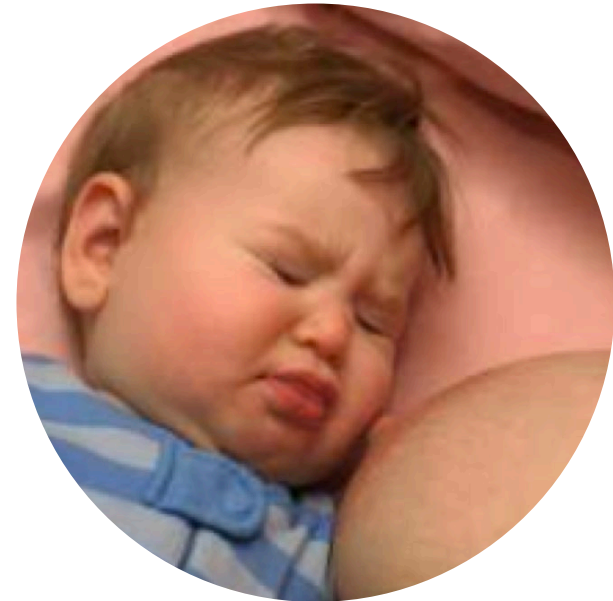
Why & When did Mothers Stop Breastfeeding?



Birth - 2 months



3 - 8 months

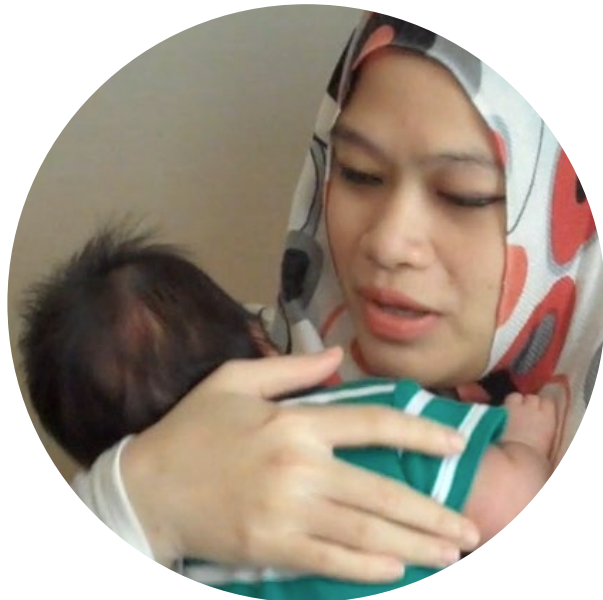


9 - 12 months

(Infant Feeding and Practice Study II, 2008)

Why & When did Mothers Stop Breastfeeding?

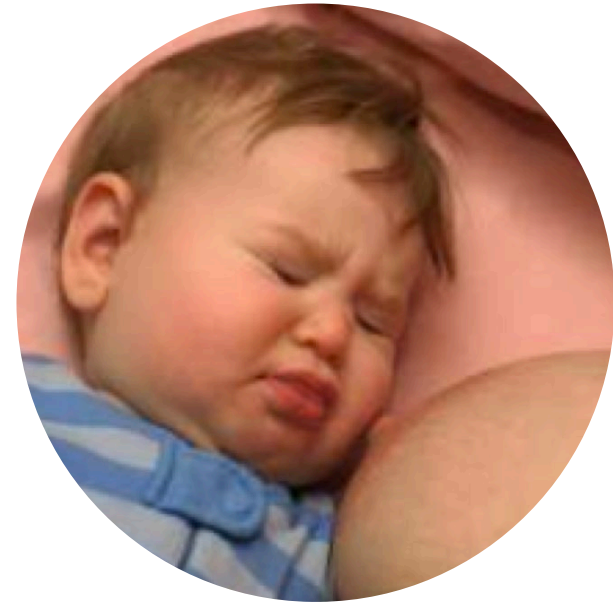
“My baby’s NOT satisfied!”



Birth - 2 months



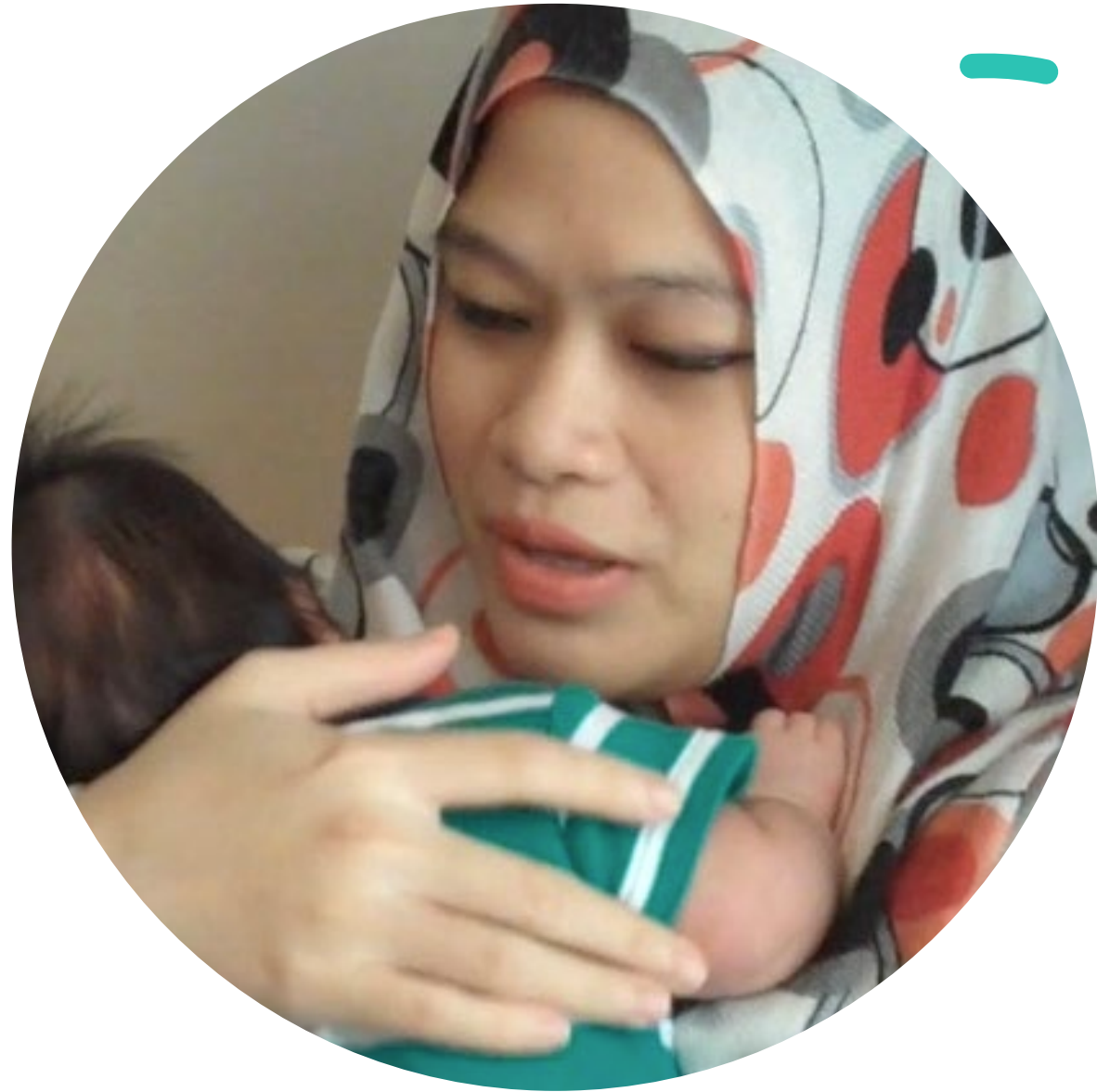
3 - 8 months



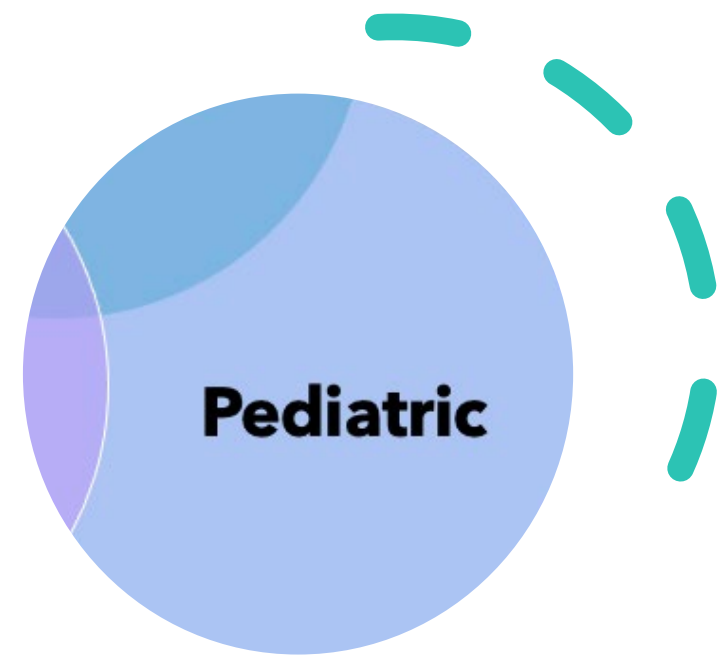
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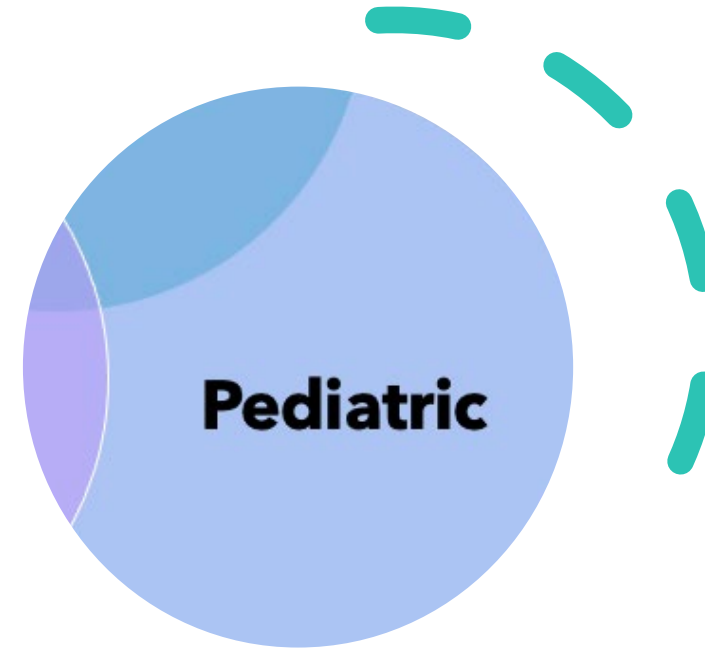
(Infant Feeding and Practice Study II, 2008)

Perception of Insufficient milk



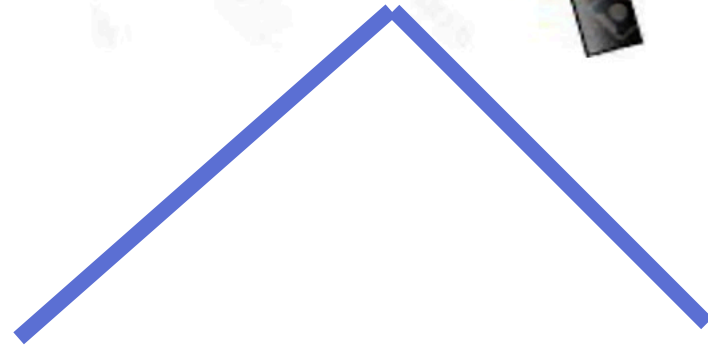
Wood, N. & Lewis, F. (2019) *Jo of Woman's Reproductive Health*, 2, 20-34





**Dr. T. Berry
Brazelton**





**Neonatal Behavioral
Assessment Scale**

Brazelton's Touchpoints



Neonatal

Brazelton's Touchpoints

Behavioral Assessment Scale

THE NEONATAL BEHAVIORAL ASSESSMENT SCALE

T Berry Brazelton and J Kevin Nugent



1

9

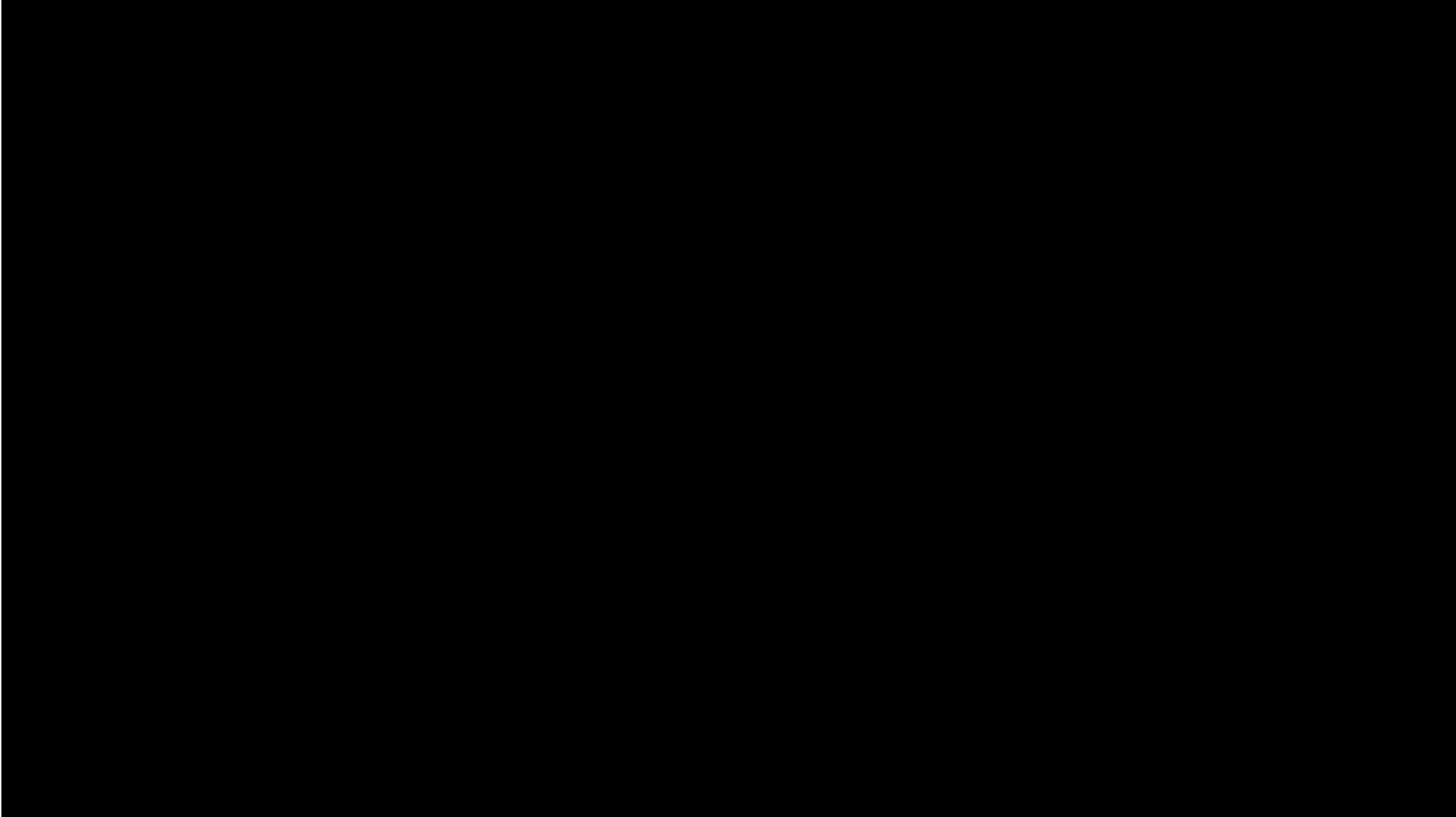




Activity Level



Muscle maturity

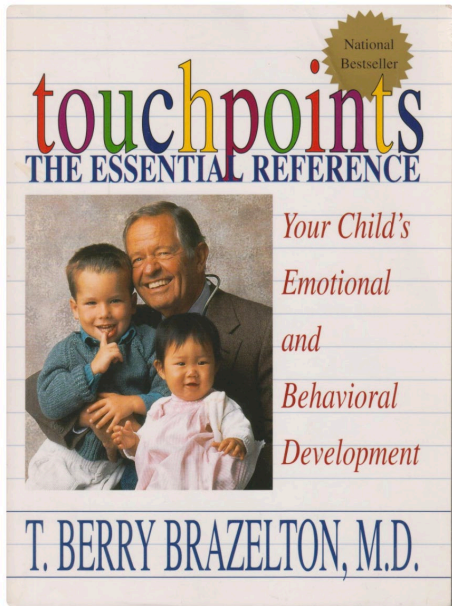


Orientation



**Neonatal
Behavioral Assessment Scale**

**Brazelton's
Touchpoints**

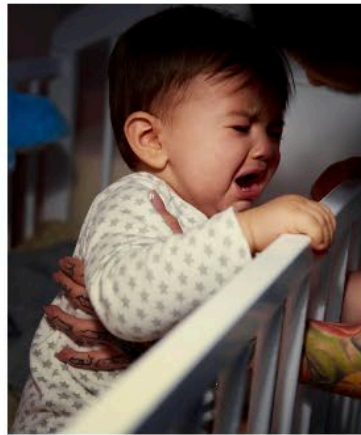


Brazelton's *Touchpoints*

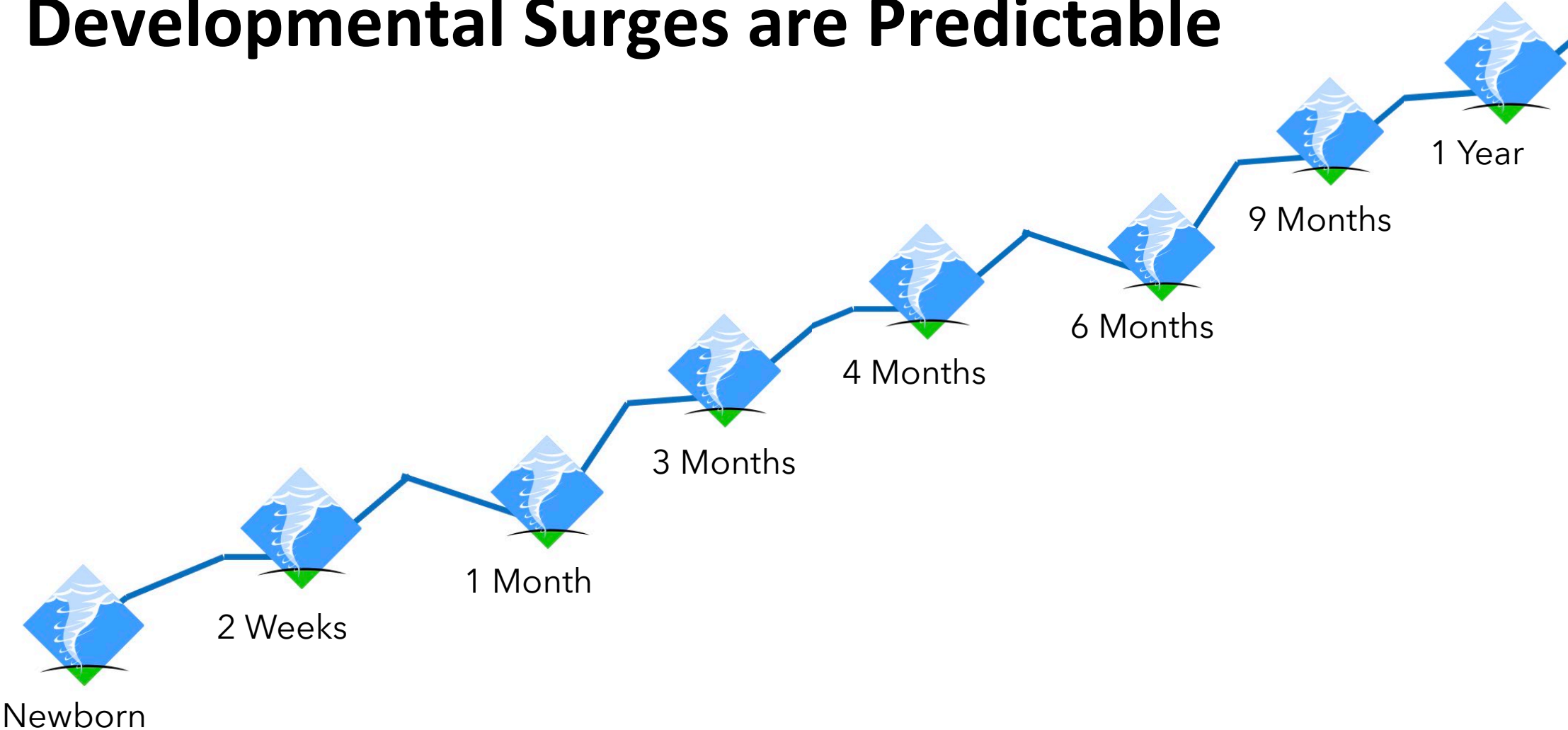


Surge in baby's development

Surge in Development → **Disorganization**



Developmental Surges are Predictable





Why Choose to Breastfeed?



Help, Understanding, Guidance for young families

Predictable Bumps in the Road



Roadmap to Breastfeeding Success



Prenatal

- Prepare for the joys of breastfeeding!
- Attend breastfeeding and childbirth classes
- Identify personal & professional support
- Consider medical issues that may impact breastfeeding
- View HUG video and *Why Choose to Breastfeed?*



Birth

- Celebrate baby's arrival!
- Embrace your reasons to breastfeed
- Bring baby to breast in first hour & practice skin-to-skin
- Provide only breastmilk 8-10 times a day
- Watch for early signs of hunger
- Delay use of bottles, pacifiers & swaddling until breastfeeding is well established

Returning to Work

- Cuddle up when first home!
- Connect with working, breastfeeding mothers
- Learn your breastfeeding goals. Fill in your pumping plan.

Two Weeks

- Delight in your success so far!
- Anticipate temporary increased crying
- Practice calming techniques
- Anticipate a growth spurt

One Month

- Savor moments of connection!
- Notice Active/Light & Still/Deep sleep
- Expect fewer stools as breast milk proteins change
- Anticipate that breasts may no longer feel "full" and "empty"

Two Months

- Rejoice as baby rolls! Anticipate distractibility during breastfeeding
- Notice baby's efforts to roll over
- Discontinue swaddling
- Delay complementary foods (solids) until 6 months
- Expect a new growth spurt
- Review *Bumps in the Road*

Six Months

- Laugh & dance with baby!
- Latch carefully to avoid biting
- Take tired, bored or satisfied baby off breast
- Follow baby's interest in complementary foods (solids)



One Year

- Celebrate a year of learning & success!
- Expect temporary sleep disruption as baby learns to walk
- Practice nighttime comforting techniques
- Anticipate new joys and challenges in the upcoming year



Nine Months

- Enjoy baby's attachment to you!
- Watch for stranger anxiety
- Anticipate temporary sleep disruptions
- Consider nighttime comforting techniques
- Recall *Bumps in the Road*





Why Choose to Breastfeed?



Predictable Bumps in the Road



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Birth

- Celebrate baby's arrival!
- Embrace your reasons to breastfeed
- Bring baby to breast in first 60 minutes & practice skin-to-skin
- Provide only breastmilk 8-12 times a day
- Watch for early signs of hunger
- Delay use of bottles, pacifiers & swaddling until breastfeeding is well established



Your State

- Cuddle up when first home!
- Connect with working, breastfeeding mothers
- Learn your breastfeeding goals (e.g., Exclusive Breastfeeding, Pumping Plan)

Six Months

- Laugh & dance with baby!
- Latch carefully to avoid biting
- Take tired, bored or satisfied baby off breast
- Follow baby's interest in complementary foods (solids)

One Year

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One Month

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Four Months

- Rejoice as baby learns to crawl!
- Anticipate distractibility during breastfeeding
- Notice baby's efforts to roll over
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- Delay complementary foods (solids) until 6 months
- Expect a new growth spurt
- Review *Bumps in the Road*

Nine Months

- Enjoy baby's attachment to you!
- Watch for stranger anxiety
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- Recall *Bumps in the Road*



If waiting for the phone to ring . . .



If waiting for the phone to ring . . .



may have waited too long.



“Using technology in education positively impacts the physical and mental health outcomes of women during the first year after birth.”

JOGNN 51(2), Jaynes & Brathwaite (2022).

Mothers prefer video learning.

Raines, D. and Robinson, J. (2020). *Clinical Nursing Research*, 29(4).



Child Development

Lactation

Pediatric

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Returning to Work

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Four Months

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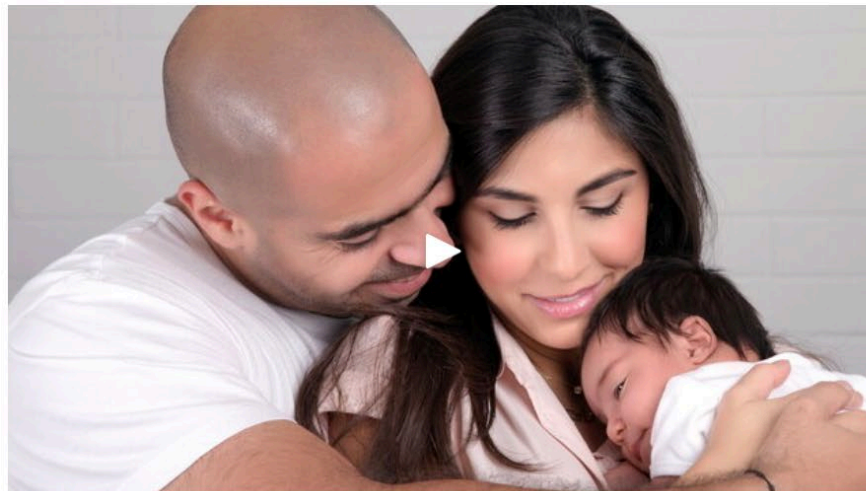
Digital Parent Resources "Live"
Digital Parent Resources
Recursos Digitales para Padres

Parent Videos - Videos para padres

**UNDERSTANDING AND CARING FOR YOUR NEWBORN VIDEO
(ENGLISH)**



**COMPRENDIENDO Y CUIDANDO A TU RECIÉN NACIDO
(ESPAÑOL)**



**All resources
in English
and Spanish**

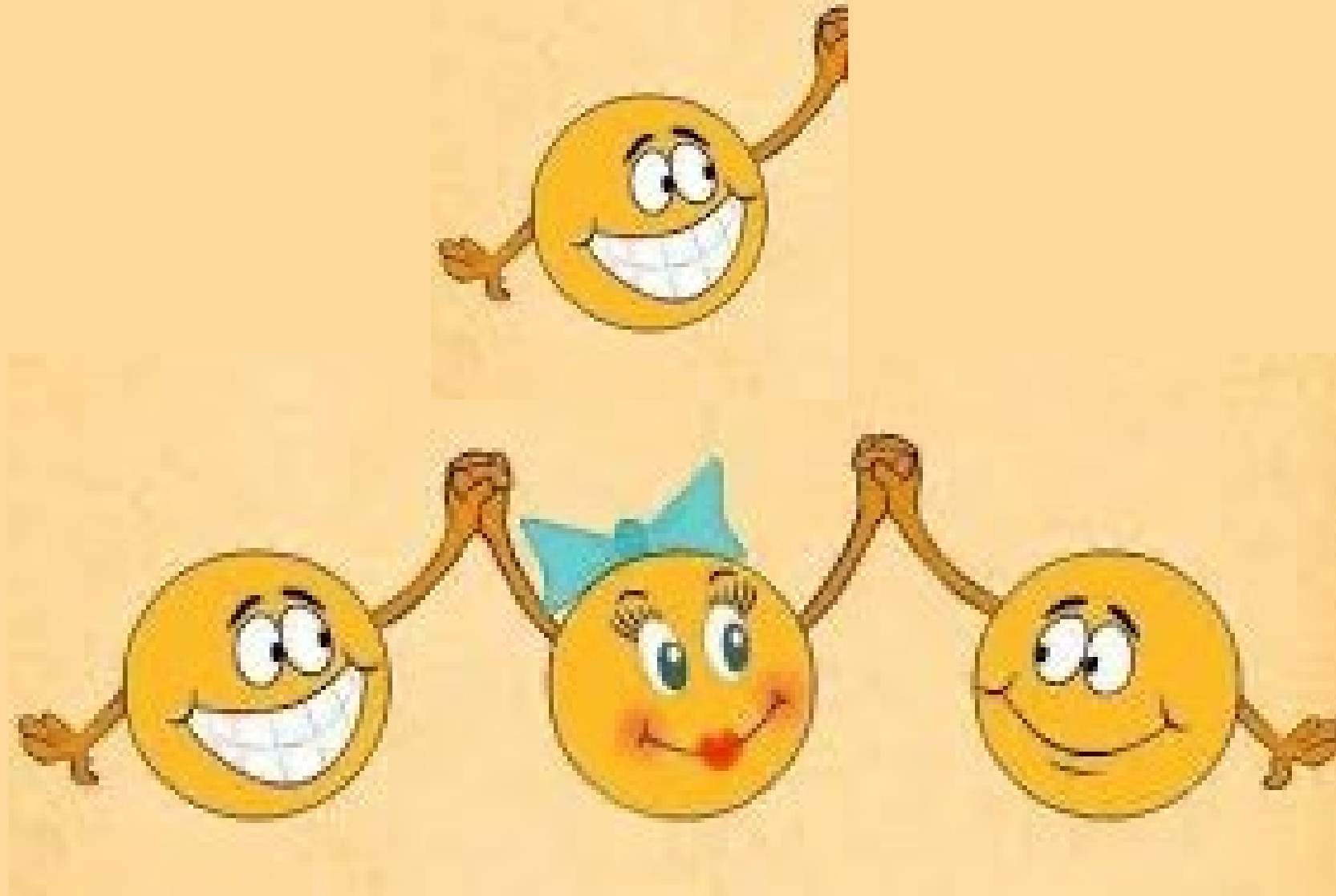
Words Matter



Parent Education Literature:



Parent Education Literature:





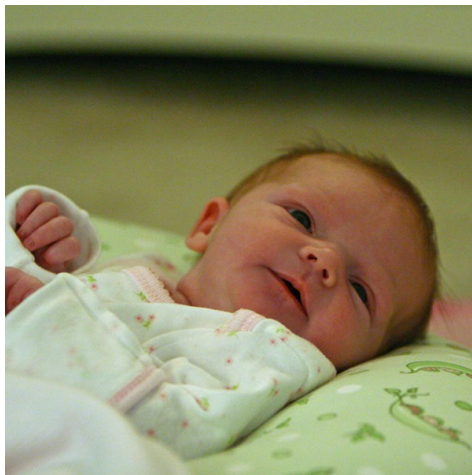
Deep Sleep



Active Sleep



Drowsy



Quiet Alert



Active Alert



Crying

Newborn "States"



Resting Zone

Ready Zone

Rebooting Zone

Newborn "Zones"



ALMOST TO THE _____ ZONE



ALMOST TO THE _____ ZONE



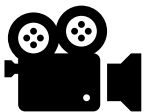


Prevent and
solve
problems . .





Zones



Physiologic Stress Response





“I’m stressed out!”

**Physiologic
Stress
Response**





Baby is
Sending out an SOS



Baby is
Sending out an SOS

“**S**ign of **O**ver-**S**timulation”

Sending out an SOS



Changes in Body

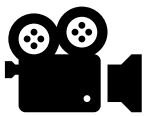


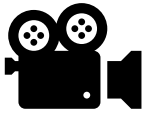
Changes in Behavior





SOS





Why Choose to Breastfeed?

HUG Your Baby
Help, Understanding, Guidance for young families

Predictable Bumps in the Road

Roadmap to Breastfeeding Success

Prenatal

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Birth

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- Bring baby to breast in first hour & practice skin-to-skin
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- Watch for early signs of hunger
- Delay use of bottles, pacifiers & swaddling until breastfeeding is well established

Returning to Work

- Cuddle up when first home!
- Connect with working, breastfeeding mothers
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- Fine tune your pumping plan

Two Weeks

- Delight in your success so far!
- Anticipate temporary increased crying
- Practice calming techniques
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One Month

- Savor moments of connection!
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Four Months

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- Anticipate distractibility during breastfeeding
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Guía de Ruta para Una Lactancia Exitosa

Prenatal

- ¡Prepárate para los placeres de la lactancia materna!
- Toma clases de lactancia y de preparación para el parto
- Identifica quién te dará apoyo profesional y personal
- Considera cualquier condición médica que pueda interferir con la lactancia materna
- Observa el video de HUG y *¿Por qué elegir la lactancia materna?*

Two Weeks

- ¡Disfruta tu éxito en la lactancia!
- Anticipa el aumento de llanto
- Practica las técnicas para calmar a tu bebé
- Espera los brotes de crecimiento

One Month

- ¡Saborea esos momentos de conexión!
- Identifica las fases de sueño: Activo/Ligero y Quieto/Profundo
- Espera una disminución en las evacuaciones del bebé debido al cambio en las proteínas de la leche
- Prevé que tus pechos no se sentirán ya tan "llenos" y "vacíos"

Four Months

- ¡Rejoice cuando aprendas que tu bebé está aprendiendo!
- Espera un nuevo brote de crecimiento
- Revisa: *Dificultades en el camino*

Six Months

- ¡Ríe y bala con tu bebé!
- Revisa el agarre cuidadosamente para evitar las mordidas
- Retira del pecho a tu bebé cuando esté cansado, o satisfecho
- Sigue los intereses de tu bebé para introducir alimentos complementarios (sólidos)

One Year

- ¡Celebra un año de aprendizajes y éxitos!
- Espera cambios en los hábitos de sueño debido al inicio de los primeros pasos de tu bebé
- Practica las técnicas nocturnas de consuelo

Nine Months

- Disfruta el vínculo entre tu bebé y tú!
- Identifica señales de ansiedad por separación
- Anticipa los cambios temporales en el sueño
- Considera buscar técnicas nocturnas de consuelo
- Recuerda leer *Dificultades en el camino*

El regreso al trabajo

- ¡Apapacha a tu bebé en cuanto llegues a casa!
- Contacta a otras madres que trabajan y amamantan
- Conoce tus derechos

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• Why Choose to Breastfeed?

• Bumps in the Road

• Prenatal

• Birth

• Two Weeks

• One Month

• Returning to Work

• Four Months

• Six Months

• Nine Months

• One Year

Roadmap to Breastfeeding Success



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One Year

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Prenatal

- Why breastfeed
- Where is support
- Read baby's body language



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Returning to Work

- Cuddle up when first home!
- Connect with working, breastfeeding mothers
- Learn your breastfeeding rights
- Fine tune your pumping plan



Six Months

- Laugh & dance with baby!
- Latch carefully to avoid biting
- Take tired, bored or satisfied baby off breast
- Follow baby's interest in complementary foods (solids)



Four Months

- Rejoice as baby learns!
- Anticipate distractibility during breastfeeding
- Notice baby's efforts to roll over
- Discontinue swaddling
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- Review *Bumps in the Road*



Nine Months

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One Year

- Celebrate a year of learning & success!
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Crying is signaling



Crying is signaling

Necessary for survival





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Initial increase in parents' dopamine



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Necessary for survival



Initial increase in parents' dopamine
= more arousal, motivation and
decision making



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Initial increase in parents' dopamine
= more arousal, motivation and
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Next increase in parents' oxytocin



Crying is signaling

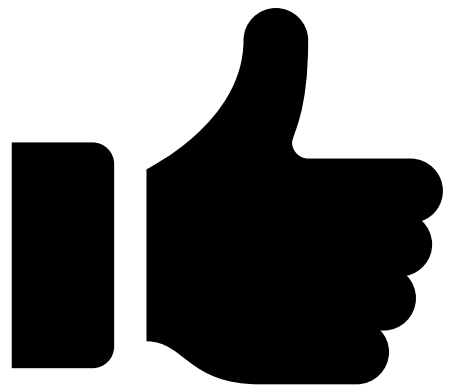
Necessary for survival



Initial increase in parents' dopamine
= more arousal, motivation and
decision making



Next increase in parents' oxytocin
= caregiving instincts



It's **NORMAL** to
be nervous and
confused!”



Normal Crying Pattern





Tips to calm a baby

Dad can do
it!



HUGs Lullaby

Roadmap to Breastfeeding Success



Prenatal

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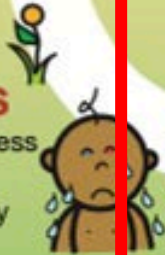


Birth

- Celebrate baby's arrival!
- Embrace your reasons to breastfeed
- Bring baby to breast in first hour & practice skin-to-skin
- Provide only breastmilk 8-10 times a day
- Watch for early signs of hunger
- Delay use of bottles, pacifiers & swaddling until breastfeeding is well established

Two Weeks

- Delight in your success so far!
- Anticipate temporary increased crying
- Practice calming techniques
- Anticipate a growth spurt



One Month

- Savor moments of connection!
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Active/Light Sleep



Still/Deep Sleep



Active/Light Sleep
60%



Still/Deep Sleep
40%



Sleep



Types of sleep



Still/Deep sleep



Active/Light sleep



Mom's experience



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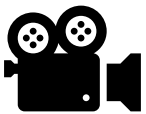
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Four-Month-Old



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- Anticipate that breasts may no longer feel "full" and "empty"



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**Ready
for
Solids**





“Stop breastfeeding
or you’re gonna get
bit!”



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A photograph showing a woman on the left and a man on the right, both smiling warmly at a baby. The woman is wearing a purple and white striped shirt. The man is wearing a dark jacket over a light blue patterned shirt. The baby is wearing a colorful striped onesie. The background is slightly blurred, showing a white wall and a metal railing.

Mother with Nine-Month-Old

Developmental Stages

Roadmap to Breastfeeding Success



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Evidence-based Program



HS EPIC Center Services | Staff | Contact Us

EPIC Supporting communities to give every child a Healthy Start. **Healthy Start EPIC Center** Search ... Search

[ABOUT HEALTHY START](#) [EPIC FRAMEWORK](#) [TRAINING AND EVENTS](#) [RESOURCES](#) [GRANTEE CORNER](#)

Evidence-Based Practices

HUG Your Baby (Help, Understanding, Guidance for Young Families)
by Jan Tedder, BSN, FNP, IBCLC, University of North Carolina Chapel Hill., 2005

Special Care Mother



NICU Fathers



WIC Mothers



Teen Mothers



Japanese Mothers



Nursing Schools



Japanese Nurses



WIC Professionals



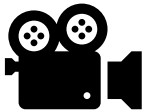
Childbirth Educators and Doulas



Pre-term Infant Professionals



World Health Organizations Ten Steps



Free Prenatal Breastfeeding Zoom Workshop



Who Knew?!!

AH- HA!!

That SURPRISED me!



*Your
Questions?*





The End