

Additional Case Studies

1. Celia arrives for her appointment with her 4-month-old son, Mark, and her mother, Julie. Celia mentions that Mark is really starting to take interest in solid foods. You discuss why it's important to wait until her baby is 6-months-old before starting solid foods. Then you overhear Celia's mom tell her that she's spoiling that baby by nursing him "all the time" and that she should give some cereal to help him sleep at night.

How would you respond to Celia's mother's comment?

What information does Celia need?

Which handout(s) could you use to support the message(s) you are trying to convey to both Celia and her mother?

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2. Lisa just found out she is 8 weeks pregnant and is at the clinic to enroll on the WIC program. She doesn't have a lot of family support and tells you: "I've never been around babies."

What would be the best way for Lisa to learn about baby behavior?

What messages would you focus on prenatally, and specifically in the early prenatal period?

Which handouts might you use to support the message(s) you are trying to convey?

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3. Kathy is 8 months pregnant with her second child. She doesn't want to talk very much and seems tired. She keeps saying: "Oh, I've been through all this before with my other kid. I've been to lots of breastfeeding classes and have heard it all."

How could you get Kathy interested in one of the baby behavior messages?

What information does Kathy need?

Which handout would you show Kathy and why?



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