



Healthy Start FAQ: Ask the Expert: HUG Your Baby

On Tuesday, February 10, 2015, Jan Tedder facilitated an Ask the Expert session on her Help Understanding Guidance (HUG) Your Baby program, focusing on key concepts of her training sessions. HUG Your Baby emphasizes boosting parent confidence, facilitating the parent-child relationship, and promoting breast feeding duration, especially for young families. In the brief 60-minute session, Jan touched on all three of those HUG Your Baby components. In case you missed the webinar, you can listen to the [recording](#).

During the webinar, grantees asked many great and important questions, which we've answered below.

How have fathers reacted to the program?

Really well! The training's structure appeals to a lot of men given that it offers specific skills to observe, understand, and calm their babies. Having fathers so involved in the learning and care-taking process really helps balance out parental responsibilities. Participating fathers provide a lot of positive feedback, and the materials are very multicultural to ensure that fathers from all cultures and backgrounds feel included.

How long does the training program take for staff? Who should participate in the training?

The training is built for anyone who has direct one-on-one visits with families or teaches classes (nurses, doulas, midwives, physicians, parent educators, etc.).

The program is divided into three online courses. Part 1 is a two-hour program; Part 2 is a four-hour program; and Part 3 focuses on using the HUG Your Baby materials with parents in an either one-on-one setting or in a class setting, and then writing a short paper about the experience.

Are continuing education credits available for the training?

Yes! All of them are approved for nursing credits. Credits are also available for childbirth educators, and two of the programs are approved for lactation credits.

Is the cost associated with the HUG Your Baby training per person or per agency/site?

The courses are very economical. The prices included in the handouts are per person. In certain situations when an organization sends multiple staff, discounts can be made available. Jan encourages different levels of staff to participate in different levels of training to ensure a shared, basic knowledge base.

How are the educational DVDs different from the online training?

The HUG Your Baby DVD is a parent education tool – it's about 20 minutes long and is divided into chapters following specific topics. The online trainings are aimed at professionals. The trainings do include some of the same videos as examples, but they also contain additional information around medical and child development literature.