

## Core Vignettes for Incredible Years® Baby Program

Those vignettes with \*\* are considered mandatory core vignettes to show with the child welfare referred population. Those with \* are highly recommended. Clinicians are encouraged to learn all the vignettes and to show additional vignettes according to the needs of the families in the groups, particularly in the case of parents who have attachment difficulties. For example, more vignettes of families representing different cultural backgrounds will be selected for multi-cultural groups or, more vignettes showing fathers will be shown when there are fathers in the group. Additionally more vignettes representing different topics are selected for families who find the topic area unfamiliar or difficult and need more time to discuss this topic.

**NOTE ABOUT NUMBER OF SESSIONS:** In session one where parents are first meeting each other, determining goals and finding out about the program, it is typical to show only 3-4 vignettes. This means that two sessions are focused on the first topic, *Becoming a Parent*. For high-risk families it may take from 9-16 sessions to complete the entire program. Group leaders should pace the content, number of vignettes shown and number of practices according to the parents' needs and ability to focus on the material. During the sessions group leaders look for opportunities when babies are awake to practice singing songs when babies are fussy, to help parents calm a distressed baby, to demonstrate changing a baby's diaper while speaking parentese, to practice baby massaging, or to feed a baby. As a result group leaders need to be flexible and relaxed about the amount of content that can be covered in a session. Ideally group leaders will plan for 10-12 sessions.

### Part 1: Becoming a Parent- Getting to Know Your Baby

*Parents' experiences with babies. Discuss what parents think babies need from them. Hopes and wishes for them.*

*Overview of Program*

\*\*Introductory Narration

\*\*Vignette 1A: Understanding the Meaning of a Baby's Crying – (*listening and learning about baby's cries – baby alert-bed*)

\*\*Vignette 1B: Mother cuddles baby and attempts to use pacifier (*why cuddling is important? How determine needs to be fed? Can you spoil babies less than 6 months?*)

*(BUZZ share feelings when babies cry)*

\*Vignette 2: Deciding Whether Your Baby is Sick

Vignette 3: Parent Worries – (*soft spot, acne, BMs, sleeping position*)

Vignette 4: Feeding, Burping and Crying

\*\*Vignette 5: Observing and Getting to Know Your Baby

*Relationship Neurons- Observing and Listening to Baby*

\*\* Vignette 6: Communicating with Babies

*PRACTICE observe baby, notice how respond to voice, let them feel flow of breathing on face or babies touch lips, or lie on floor with babies on stomach.*

Vignette 7: Feeding, Burping, and Coping (*learning about feeding, telling baby she loves him*) *Tips to keeping milk down*

Vignette 8: Getting Sleep and Support (*going to bed early, dad up to feed*)  
*BUZZ –how to get extra sleep*

*Relationship Neurons- Parents getting support and rest*

Vignette 9: Shifting Priorities and Gaining Confidence

*Relationship Neurons –Keeping Life Simple*

**\*\*Vignette 10: Deciding on Baby’s Activity Needs (*talk about sleeping habits*)**

Vignette 11: Diaper Changing

*(Buzz child’s interests and favorite play activities)*

**\*\*Vignette 12: The Bouncy Chair**

*BUZZ- what think baby likes and dislikes. Share afterwards.*

*Relationship Neurons -*

**\*\*Vignette 13: Amount of Stimulation**

*Observe baby’s response to rattle, colored objects.*

*Relationship Neurons – Being baby-centered*

Vignette 14: Fevers and Doctors

**\*\* Summary Narration**

## **Part 2: Communicating with Baby**

*New things babies are doing since last meeting. Share typical day handout.*

*What are benefits of talking to your baby?*

**\*\*Introductory Narration**

**\*\*Vignette 1: Mirroring or Mimicking Each Other**

**\*\*Vignette 2: Bathing Your Child in Language- Speaking Parentese**

*PRACTICE speaking parentese and watch how babies respond*

*Cognitive Neurons –Mirroring and sticker I speak parentese*

*Other Neurons – tone of voice, describing actions and naming objects, modeling.*

**\*\*Vignette 3: Talking and Playing with Baby**

Vignette 4: Describing Objects and Naming Actions

**\*\*Vignette 5: Talking During Breakfast**

*BUZZ where parents place babies so they can talk to them.*

*Cognitive Neurons – describing, naming objects, praising*

Vignette 6: Talking While Dish Washing

Baby Alert – never leave alone on floor with siblings or animals.

Sticker – My home is baby proofed

**\*\* Vignette 7: Talking During Diaper Changing**

Vignette 8: Talking During Feeding

**\*\*Vignette 9: Singing to Your Baby**

*(BUZZ songs and rhymes or make up song about feelings and thoughts and share it – song sheets)*

*Cognitive Neurons – singing love songs, gentle touching,*

*Relationship Neurons – loving actions, tender affection*

\*\*Vignette 10: Love Songs

Vignette 11: Sharing Family Songs

### **Part 3: Providing Physical, Tactile and Visual Stimulation for Your Baby (2 sessions)**

*How was it to speak parentese? Did you notice mirroring? Imitating? What physical activity do you provide?*

\*\*Introductory Narration

\*\* Vignette 1 Bathing and Massaging Your Baby

*BUZZ – baby alert during bath time.*

*Cognitive Neurons – tactile stimulation, rocking, massaging, swaddling, gentle touching*

\*\*Vignette 2: Baby Aerobics

*PRACTICE baby massage or some exercises*

*Cognitive Neurons – baby aerobics*

\*\*Vignette 3: Tummy Time and Head Lifts/ Joyce & Octavio

\*\* Vignette 4: Walking Time

Baby Alert: check floors and tabletops

\*\* Vignette 5: Cycling Lessons

Vignette 6: Sitting Time To Explore

*PRACTICE babies in sitting position and give toy to explore. Share afterwards.*

Vignette 7: Pull Ups

Vignette 8: Arm Exercises/ Joyce and dad with baby on fee

*PRACTICE peek-a-boo*

\*\* Vignette 9: Providing Visual Stimulation/Malcolm

\*\* Vignette 10: Floor Time

Baby Alert about Leaving

*PRACTICE physical exercises, visual stimulation ideas, and games.*

\*\* Vignette 11: Reading to Babies

*PRACTICE reading to babies with soft books.*

\*\* Vignette 12: Giving Your Baby a Lift

\*\* Vignette 13: Spider Games

Vignette 14: Mirror Mirror on the Wall

\*\* Vignette 15: Hugging and Rattle Play

Vignette 16: Involving Siblings in Baby Play

*BUZZ share games they play with babies and books they read and how to involve other family members in this.*

### **Part 4: Parents Learning to Read Babies' Minds**

*What was it like to read to babies? What experiences with physical exercises?*

*Visual stimulation? Baby cues of over or under stimulation?*

\*\* Introductory Narration and Vignette 1: Reading Baby's Minds

*Emotional Development Neurons – baby-directed, scaffolding amount of stimulation*

Vignette 2: Take your Cues from Your Baby

Vignette 3: Cries of Overstimulation

Vignette 4: Calming Babies

*PRACTICE If baby cries try cuddling and calming baby and watch response*

**\*\*Vignette 5: Cuddling and Snuggling**

*BUZZ strategies to use to cope with fussy baby who has been fed, changed, rocked but still won't calm down.*

*Talk about sharing emotions with babies.*

*Emotional Neurons – staying calm, familiar rhythmic motion, regularity, consistency of responses*

**\*\*Vignette 6: Babies Learning to Trust the World- Bedtime Routines**

*BUZZ share bedtime routine.*

*Emotional Neurons - predictable routines*

**\*\*Vignette 7: Providing Security**

*BUZZ temperament questionnaire*

### **Part 5: Gaining Support**

**\*\*Discuss routines and sharing baby's likes and dislikes with day care provider.**

Introductory Narration Vignette 1: Learning About Your Baby's Day

*BUZZ list of baby's likes and dislikes and ways baby likes to be comforted.*

Vignette 2: Sharing Baby's Day

Vignette 3: Getting Support

*BUZZ who you share worries and joys with.*

*Practice playing with babies and speaking parentese.*

**\*\*Vignette 4: Finding Out About the Day**

*BUZZ how keeping other family members updated.*

Vignette 5: Parent Support

**\*\* BUZZ ways they have baby-proofed their homes.**

**\*\*Summary Narration**

### **Part 6: The Emerging Sense of Self (2 sessions)**

*Ask about baby proofing, what new things baby is doing, support person? Ask about food introductions, what baby is noticing and gestures and reactions to being left*

**\*\*Introductory Narration- Emerging Sense of Self**

**\*\*Vignette 1: Avoiding Food Fights**

**\*\*Vignette 2: Promoting Self-Feeding and Drinking**

*Brainstorm principles of feeding babies*

Vignette 3: Teaching Baby Signals – “all done”

*BUZZ plans for introducing solids and/or weaning*

Vignette 4: Learning to Crawl-Drive to Explore

Vignette 5: Reading Babies' Cues

Vignette 6: Standing Up

Learning by Watching and Imitating and Actions

Vignette 7: Observational Learning

Vignette 8: Voyage of Discovery

Vignette 9: Discovering Others

Baby Alert

\*\* Vignette 10 Peek-a-boo/ Malcolm

*PRACTICE with babies –hiding objects to see if they have object permanence.*

*Give 2 blocks to see if bring together.*

Vignette 11: Object Permanence (*Buzz safety proofing*)

Vignette 12: Combining Verbal and Visual Communication Signals

\*\* Vignette 13: Nap Time Signals

\*\* Vignette 14: Making Enjoyment of Baby a Priority

*PRACTICE talking to babies with puppets and using different voices. Or, trade babies to play with.*

Vignette 15: Making Happy Memories

\*\* Summary Narration

## **The Toddler Program**

### **Part 1**

1. Introductory Narration with developmental milestones – pyramid description – essential nurturing
2. Vig 2 joy of singing –Kalani and baby

### **Part 2**

#### **Introduction about descriptive commenting/name objects/**

Vig 3 Descriptive Commenting and prompting – Patrick and blocks

Vig 5 puzzle- academic coaching – ABC and colors – Asian mom

Vig 8 reading readiness – descriptive commenting and coaching

Vig 11 Kilani – stops asking questions

Vig 14 Soleil –persistence and emotion coaching

### **Part 3**

Vig 2 Modeling, prompting, praising in narration – Jolie and Takisha & play dough

Vig 5 Emotion coaching in narration - Kilani outside with water and rocks

Vig 6 Emotion Coaching – Soleil

Vig 11 – good narration – dad feeding Patrick

### **Part 6**

Vig 4 routines in narration separations and routines – dad starts to leave

Vig 5 say bye bye

Vig 9 bedtime routine – refrigerator magnets

### **Part 8**

Vig 7 ignore strategy

Vig 8 Takisha teaches how to calm down

Vig11 clear command –ignore-praise while changing diaper

Vig 13A & B in cart going to store - lia and brother

Summary – about obtaining support from others/ review

- be warm loving
- use coaching methods
- model and be respectful
- think about developmental needs'
- predictable routines
- redirections, distractions and choices'
- ignore
- set clear limits
- brief time away
- praise positive behavior
- provide constant supervision
- be patient