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**Incredible  
Years<sup>®</sup>**

*Helping Parents Promote Babies'  
Development During Well-Baby Vists*

*Handouts ONLY*

**Carolyn Webster-Stratton, Ph.D.**

Video-based instruction for child and family guidance

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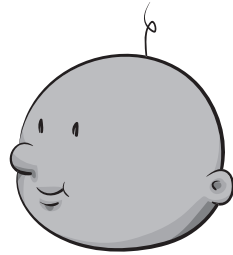
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***Handouts & Refrigerator Notes  
Newborns: Becoming a Parent and Gaining  
Support***





## ***Home Activities: Becoming a Parent & Gaining Support***



### ***To Do:***

- Describe a typical day with your baby. (Journal pages 42-45)
- Take naps when your baby naps and try to relax
- Accept support from family members or friends
- Talk and sing to your baby often and watch for his or her responses

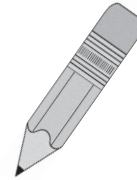
### ***Read/Review***



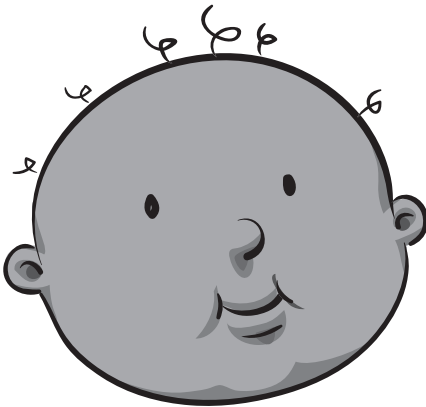
Read Chapter 1: *Incredible Babies - Becoming a Parent and Getting to Know Your Baby*.  
(Check off any of your baby's milestones on the "Things I Can Do" checklist, page 46-48)



## CREATE A BABY JOURNAL



Jot down notes each week about your discoveries of your baby and the joys of babyhood. Keep your journal handy so you can write when you have a spare moment. Add foot and hand prints with a stamp pad.



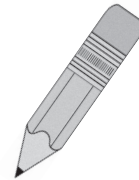
## REFRIGERATOR NOTES TAKE CARE OF YOURSELF

I'm  
keeping  
life  
simple



- Get as much rest as possible
- Take naps—try to sleep when your baby sleeps
- Give yourself a break—ask someone to watch your baby so you can nap
- Do something nice for yourself such as take a long bubble bath or walk with a friend
- Share your joys and difficulties with another parent
- Tell yourself you are doing a good job learning from your baby
- Keep a log of the fun moments
- Don't worry about a messy house or making fancy meals
- Accept a meal from a friend
- Use take-out for a special treat
- Keep life simple
- If you are breast feeding, pump a bottle of milk every day so a friend, partner, or other family member can take over a feeding.

Write your own favorite self-care activities here:

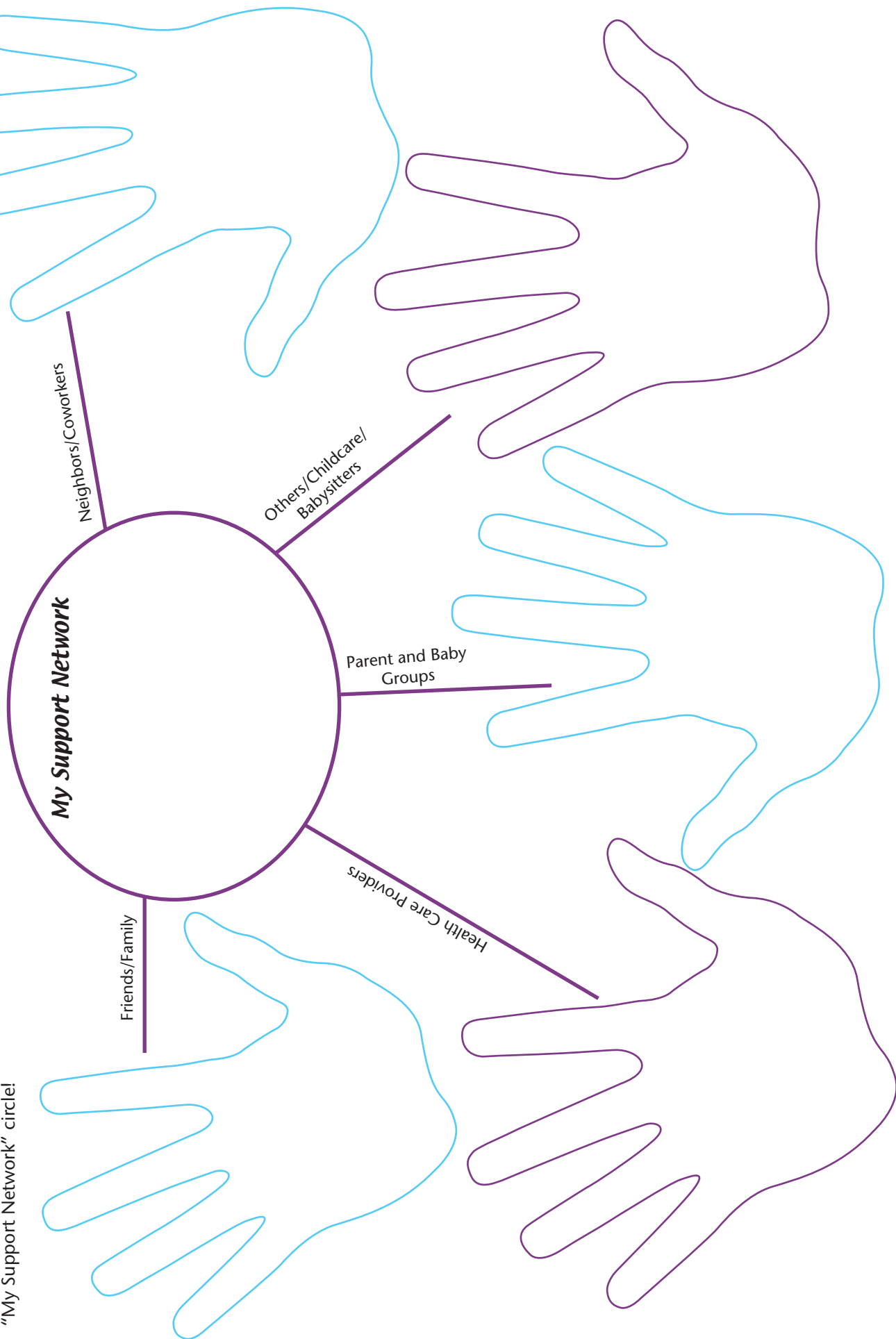




### Parent Support Network

Who can lend a helping hand?

Think about people in your support network. Each hand represents a different group of people. Write in each hand specific people from that network who can help provide support to you and your baby! You can draw or paste of picture of your family in the "My Support Network" circle!





## Parent Support Network: Supporting Yourself

Taking care of a baby is hard work, tiring and never done. It is important that you schedule some relaxing and pleasant time for yourself, your partner, and your other children. Fill in the hand with different things you find enjoyable. For example, going for a walk, talking to a friend, exercising, family game, date night etc.

A large, simple black outline of a right hand, palm facing up, enclosed within a rectangular border. The hand is positioned in the upper half of the page, leaving space for writing in the lower half.

**Goal:** *I will commit to doing something joyful and relaxing for myself this week. This will include:* \_\_\_\_\_

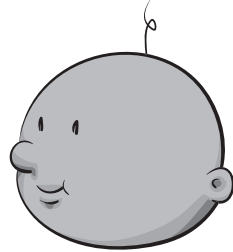
\_\_\_\_\_

\_\_\_\_\_



***Handouts & Refrigerator Notes***  
***One Month Visit: Getting to Know Your Baby***





## ***Home Activities: Getting to Know Your Baby***



### ***To Do:***

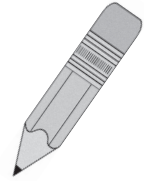
- **Create a baby journal.** Jot down each week your discoveries of your baby and your joys. Keep your journal handy so you can write when you have a spare moment. (see Journal page 41). Use “Things I can do” handout (0-3 months).
- Describe a typical day with your baby. (Journal pages 42-45 or use handout)

### ***Read/Review***

Read Chapter 1: *Incredible Babies - Becoming a Parent and Getting to Know Your Baby*. (Check off any of your baby’s milestones on the “Things I Can Do” checklist, page 46-48)



A TYPICAL DAY\* WITH \_\_\_\_\_



SLEEP TIMES



FEEDING TIMES



PLAY & ALERT TIMES



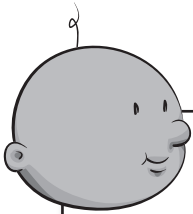
FUSSY TIMES



BOWEL MOVEMENTS



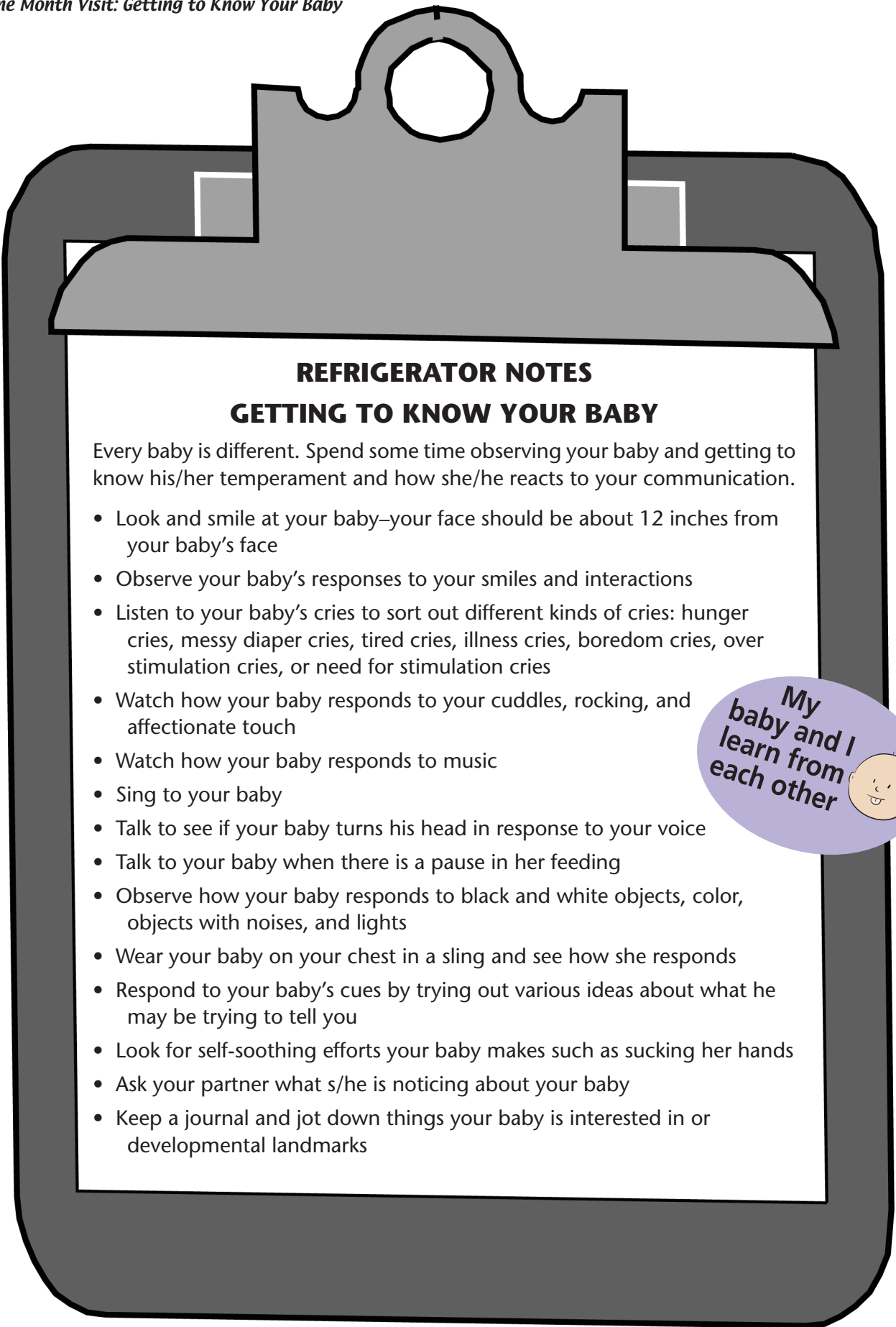
\*While every day is unique, this form can help you reflect on general patterns



## THINGS I CAN DO (0–3 months)



Activity	Date/Check	Observations/Comments
I follow objects with my eyes		
I do gurgles, oohs and ahs		
I smile and laugh and squeal		
I found my hands today		
I look at my parent's face		
I have a favorite toy or activity		
I can recognize my parent's voice		
I can hold my head up		
I sit in a wobbly way but need support		
I know my name		
I can say baba		
I like being read to		
I found my feet		
I react when you are happy		
I love to be sung to		
I am imitating sounds		
I know when it is not you taking care of me		
I love to explore with my mouth		



## REFRIGERATOR NOTES

### GETTING TO KNOW YOUR BABY

Every baby is different. Spend some time observing your baby and getting to know his/her temperament and how she/he reacts to your communication.

- Look and smile at your baby—your face should be about 12 inches from your baby's face
- Observe your baby's responses to your smiles and interactions
- Listen to your baby's cries to sort out different kinds of cries: hunger cries, messy diaper cries, tired cries, illness cries, boredom cries, over stimulation cries, or need for stimulation cries
- Watch how your baby responds to your cuddles, rocking, and affectionate touch
- Watch how your baby responds to music
- Sing to your baby
- Talk to see if your baby turns his head in response to your voice
- Talk to your baby when there is a pause in her feeding
- Observe how your baby responds to black and white objects, color, objects with noises, and lights
- Wear your baby on your chest in a sling and see how she responds
- Respond to your baby's cues by trying out various ideas about what he may be trying to tell you
- Look for self-soothing efforts your baby makes such as sucking her hands
- Ask your partner what s/he is noticing about your baby
- Keep a journal and jot down things your baby is interested in or developmental landmarks

My  
baby and I  
learn from  
each other





I help  
my baby  
feel secure  
and safe



## REFRIGERATOR NOTES COPING WITH CRYING

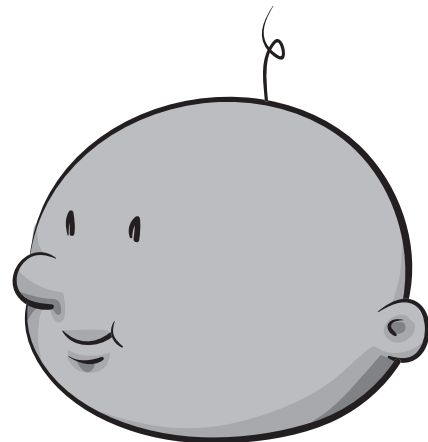
If you know your baby's hunger and diaper needs have been met and you've tried to soothe and cuddle your baby but she is still crying and inconsolable, it's time to take care of yourself so you don't get too frustrated. Take 5 minutes to calm yourself.

- Put your baby in a safe place and let her cry for 5 minutes

### *Stay nearby, but calm yourself:*

- Put on quiet music to distract yourself
- Take deep breaths
- Remind yourself nothing is wrong with your baby—crying is normal and is her release as well as how she organizes herself
- Tell yourself, "It will get better in a few months"
- Tell yourself "I can cope with this"
- Don't take your frustration out on your baby by shaking her
- Call someone for help if you feel your frustration building
- Remember the crying or fussy period will usually end in 1–2 hours

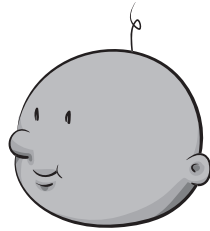
After 5 minutes of relaxing, go back in to your baby and rock and soothe your baby for a while, then put her down and repeat the above. Usually you won't have to do this more than 3 or 4 times before your baby has calmed down.





***Handouts & Refrigerator Notes***  
***Two Month Visit: Parents as Responsive***  
***Communicators & Babies as Intelligent Language***  
***Learners***





## ***Home Activities: Parents as Responsive Communicators & Babies as Intelligent Language Learners***



### **To Do:**

- Continue your baby journal (pages 72-73)
- Talk to your baby using “parent-ese” during bath time, playtime, diaper changing and feeding times
- Sing to your baby—try a new song
- Watch for your baby to imitate your actions
- Imitate your baby’s sounds and take turns
- Check off your baby’s milestones on the “Things I Can Do” checklist
- Do something special for yourself - take a walk, let a friend help you out while you go see a movie, or exercise

### **Read/Review**

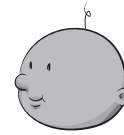
Read Chapter 2: *Incredible Babies – Parents as Responsive Communicators and Babies as Intelligent Language Learners*.



**NOTE:** The number of words that babies hear each day, as well as the quality of the conversation (shared rituals, imitations, tone, gestures), is an important predictor of later school success.

## REFRIGERATOR NOTES

### ENCOURAGING YOUR BABY'S SOCIAL AND LANGUAGE DEVELOPMENT



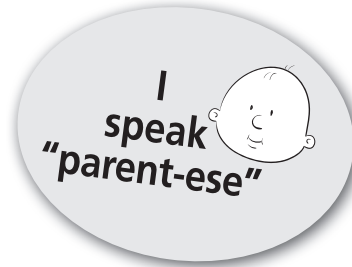
- Bathe your baby in language and social interaction throughout the day—talk “parent-ese”
- Listen to your baby and imitate, or mirror, your baby’s sounds
- Sing to your baby
- Notice what your baby is interested in doing and describe your baby’s actions — be baby-directed
- Name the objects and colors of toys your baby plays with
- Put your baby in a central place in the household where he can see the family action and you can talk to him
- Describe what you are doing to your baby—describe your baby’s actions as well as your own actions and routines
- Describe what you see, hear and smell around the house or outside—use simple words
- Make everyday things such as diapering, feeding, and bath time fun rituals and provide lots of talking
- Tell your baby you love her and share your feelings of joy
- Notice when your baby is distressed, unhappy, sad, happy or curious and name and reflect her feelings
- Read to your baby—your baby won’t grasp the plot but reading helps babies develop speech and thought
- Take time to cuddle. Balance stimulation with quiet time. Gentle kisses can help your baby feel safe and loved
- Love and show joy to your baby
- Smile at my baby, and watch my baby smile back
- Provide predictable responses

**I sing  
and read  
to my baby**

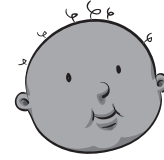


## SPEAKING "PARENT-ESE"

- Face-to-face contact (12 inches from baby's face)
- High pitched, sing-song voice
- Slow rhythm
- Short phrases
- Clear articulation
- Repetitive
- Exaggerate facial expression (big smiles)
- Lengthen vowels (ooooh--sooooo )
- Longer pauses between verbalizations (wait for baby's response)
- Praise and positive feedback (that's right!)
- Use an animated voice tone



**REFRIGERATOR NOTES**  
**SOCIAL AND EMOTIONAL**  
**DEVELOPMENTAL MILESTONES**  
**(1–6 MONTHS)**

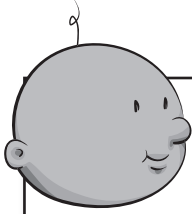


Remember your baby will develop at his own unique pace. Consider these general developmental milestones.

- Stares at faces (1 month)
- Follows objects with eyes (1–2 months)
- Vocalizes oohs, aahs, gurgles (1–2 months)
- Smiles and laughs (2 months)
- Notices hands (2 months)
- Recognizes parent's face (3 months)
- Squeals, gurgles, coos (3–4 months)
- Visually tracks objects (3 months)
- Recognizes parent's voice (3–4 months)
- Baby recognizes own name (5–6 months)
- Coos when you talk to him (4 months)
- Initiates "baba" (5 months)
- Ready for solid foods (6 months)
- Plays with hands and feet (5 months)
- Baby can recognize happy, sad or angry tones of parent's voice (6 months)
- Baby likes familiar language, songs, rhymes, greetings, games repeated (all months)
- Can recognize a few words besides his name ("all done") (6 months)
- Imitates sounds (6 months)
- Babbling begins (5–6 months)
- Mouths objects (6 months)
- Separation anxiety may begin (5–6 months)







## PHYSICAL DEVELOPMENTAL MILESTONES (1–6 MONTHS)

- Lifts head (1 month)
- Stares at faces (1 month)
- Follows objects with eyes (1–2 months)
- Can see black and white objects (1–2 months)
- Holds head up (2–3 months)
- Visually tracks objects (3 months)
- Holds head steady (3 months)
- Baby can roll over tummy to back (4–5 months)
- Can grasp a toy (4–5 months)
- Can bear weight on feet with support from adults (4–5 months)
- Ready for solid foods (6 months)
- Distinguishes bold colors (5 months)
- Rolls in both directions (5–6 months)
- Baby begins to sit briefly without support (5–6 months)
- Can recognize a few words besides his name (e.g., all done) (6 months)
- Eye hand coordination improves
- Baby pulls objects closer and starts bringing hands together and transferring objects
- Mouths objects (6 months)
- Vision fully developed (by 6 months)
- Passes objects hand to hand (6–7 months)





A TYPICAL DAY\* WITH \_\_\_\_\_ AGE \_\_\_\_\_

SLEEP TIMES



FEEDING TIMES



PLAY & ALERT TIMES



FUSSY TIMES



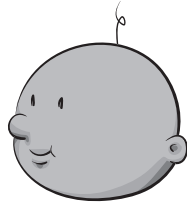
BOWEL MOVEMENTS



\*While every day is unique, this form can help you reflect on general patterns

***Handouts & Refrigerator Notes***  
***Four Month Visit: Providing Physical, Tactile, & Visual Stimulation for your Baby***





## **Home Activities: Physical, Tactile and Visual Stimulation**

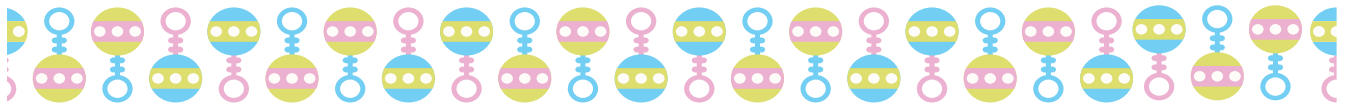


### **To Do:**

- Provide some physical exercise for your baby—sit-ups, tummy time, bicycle exercises, sitting time, arm exercises
- Play peek-a-boo with your baby
- Involve siblings in your baby play
- Try a baby massage
- Read to your baby and notice your baby's reactions
- Check off your baby's milestones on the "Things I Can Do" checklist (page 103-105)
- Provide some visual stimulation in floor gym, mobile above crib, or play the mirror game.

### **Read/Review**

Read Chapter 3: *Incredible Babies – Providing Physical, Tactile, and Visual Stimulation for Your Baby* and keep your baby journal up to date (page 101-106).



## REFRIGERATOR NOTES

### Providing Physical, Visual And Tactile Stimulation To Encourage Your Baby's Brain Development

- Bathe your baby in language throughout the day—speak “parent-ese”
- Provide visual and tactile stimulation such as rattles, mobiles, and toys with textures, colors and sounds
- Provide physical exercise such as tummy time, cycling, stretches, massages, pull ups, walking motions
- Give your baby a baby massage
- Provide your baby with consistent comfort when upset
- Play games such as peek-a-boo with your baby often
- Sing to your baby
- Modulate the amount of stimulation your baby receives
- Wear your baby in a sling next to your body so she can see the world up high and can feel the rhythm of your movement and heart beat
- Pick your baby up and hold him high
- Look at books together and talk about the pictures
- Let your baby look in the mirror
- Tell your baby you love him and share feelings of joy
- At four months start to gradually structure your baby's day with regular routines for eating, diaper and bedtimes
- Tell your baby how special he is
- Touch your baby in loving ways
- Give your baby opportunities to explore (floor gym)
- Involve other family members in games and physical exercises
- Tell your baby's caregivers what exercises your baby likes to do and what his interests are

I sing  
and read  
to my baby



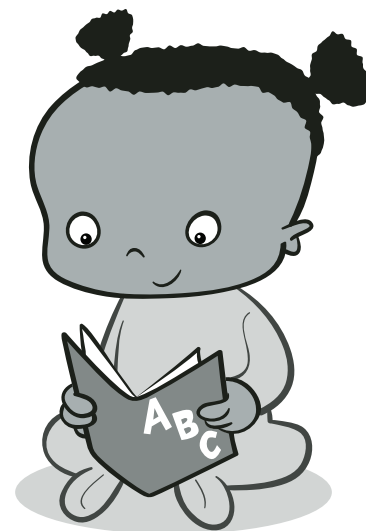
I hold and  
cuddle my  
baby



## REFRIGERATOR NOTES

### Reading with Your Baby

- Read at a quiet time when you are relaxed and comfortable—with TV and music turned off (this prevents over stimulation)
- Hold and cuddle your baby when reading
- Read for a few minutes each day when your baby is alert and has been fed
- If you have other children, read to them while you are holding or nursing your baby
- Point to pictures in the book and talk about them, or make up your own story
- Use “parent-ese” when reading—face to face, sing-songy, higher pitched, slower voice
- For 2–6 month old babies read books with rhymes and songs, or bold pictures, or black and white picture books. Use cloth books that your baby can touch and taste.
- For 6–9 month old babies read books that stimulate senses such as “touch and feel” books, board books, cloth books, teething books, books about daily routines such as bathing, eating, sleeping, and books that label objects and parts of the body.
- For 9–12 month old babies, read books that encourage children to chime in and repeat words (your baby won’t be able to talk yet, but will be interested in the patterns); books that label objects and parts of the body; books that illustrate action words such as walking, running; and books with flaps or noises. This is a good time to incorporate books into your child’s naptime and bedtime routines.
- Remember that children’s attention span for books will vary. Some children may pay attention for 10—15 minutes, while others may be bored after a few minutes. Don’t be discouraged if your child seems distracted at first. Read for a few minutes and then follow your child’s lead to another activity. Come back to reading again and again. Gradually your child’s attention span will increase. Several short reading times are just as beneficial as one longer time.





## REFRIGERATOR NOTES

### **Baby Alert: Keeping Your Baby Safe During Baths**

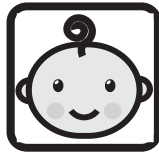
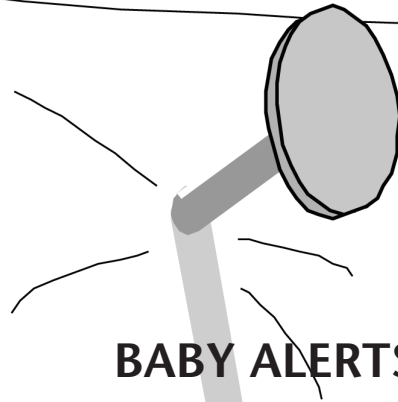
- Never leave your baby unsupervised, even for a minute.
- Children can drown in a very small amount of water.
- Gather all your supplies (soap, washcloth, diaper, towel etc.) ahead of time.
- Make sure the bathroom is warm.
- Switch off your phone and don't answer the door when your baby is being bathed.
- Until your baby can sit up unsupported, use a special baby bath.
- When your baby can sit up alone, use a rubber non-slip mat if you switch to the regular bath tub.
- Put the cold water in first.
- Position your baby away from the tap.
- Use a cushioned spout cover so your baby won't bump his head.
- Don't put your baby in the bath when the water from tap is still going.
- Be sure the bath water is warm but not too hot; babies generally prefer a much cooler bath than you do. Be sure to check the temperature.
- Fill the bath with only 2–3 inches of water for babies.
- Use soap and shampoos sparingly and if you play in the bath use the soap at the end.
- Make bath time fun.



*I help  
my baby  
feel secure  
and safe*

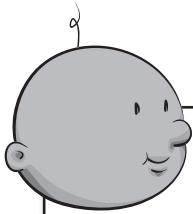






## BABY ALERTS

- Babies under six months of age can be put on a floor gym or mat on the floor while you take a brief break because they cannot crawl yet. However, don't leave them unattended on the floor for even a few minutes if you have other toddlers or animals nearby. Never leave an infant alone on the floor for more than a minute or two. You should always be nearby to monitor. You never know, this may be the day that your baby rolls over, or learns to pull herself forward.
- Using a walker of the kind that suspends your baby over the floor so that he can move his feet and cruise around is not recommended because they allow your baby to be more mobile than he is developmentally ready for. Children who have good trunk support will probably enjoy a stationary "exerciser" which will be much safer.
- If you have a bouncy chair, do not put it on a table or up high because your baby might bounce it off the table.



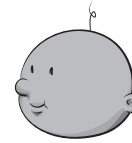
## THINGS I CAN DO (3–6 months)



Activity	Date/Check	Observations/Comments
I can sit upright briefly		
I do gurgles, oohs and ahs, and squeaks		
I smile and laugh		
I found my hands		
I can track objects with my eyes		
I can hold my head steady		
I can recognize my parent's voice		
I know my name		
I can say "baba"		
I am starting to explore solid foods with my mouth		
I found my feet		
I react when you are happy		
I love to be sung to		
I am imitating sounds		
I know when it is not you taking care of me		
I love to explore with my mouth		
I love to be read to		
I have a favorite toy		



## BABY-PROOFING SAFETY CHECKLIST



Take a look at this checklist and check off all of these things that you have done

- I have checked to see that small objects (coins, safety pins, marbles, grapes, peanuts, popcorn, keys etc.) and plastic bags are not around for my baby to find. Objects that can fit through a toilet paper tube are choking hazards.
- I have taken an infant CPR class.
- All poisonous substances including cleaning products, shampoos etc. are in latched or locked cupboards.
- Poisonous houseplants have been removed, or are up high.
- I wash rattles and baby's toys in the dishwasher.
- I use a TV strap with flat screen TVs to prevent tipping over.
- I do not place crib/cot near windows or window blind cords.
- I use straps on cupboards in bedroom to prevent them tipping over.
- Infant seat is federally approved and installed correctly with rear facing seat in back that I always use when transporting my infant in the car.
- I am vigilant about watching my baby at all times.
- I never leave my baby alone in the bath, on the bed, on the changing table, or in the car even for a minute.
- A baby gate has been placed at the top and bottom of stairs.
- Guards have been put around fireplaces or heaters and over electrical outlets.
- My baby's crib does not have small objects in it, blankets, pillows or stuffed toys; crib boards have no more than 2-3/8 inches between them.
- I put my baby on his back to sleep.
- My baby sleeps in fire retardant sleepwear.
- I have installed a smoke detector.
- I have set my hot water below 120 degrees F.
- I never leave my child alone with a pet.
- I have placed a set of emergency numbers next to my phone.

**I keep my  
baby safe**





**Baby Journal**  
**My baby's stimulation journal**  
**3-6 months**



Keep track here of activities your baby enjoys, such as looking at a mobile, having a back rub, listening to music, or being swaddled. Note your baby's responses to you and to other family members or friends when they talk and interact with your baby.



Favorite Toys:

Favorite place to be massaged or touched:

Favorite position to be placed on my body:

Favorite exercise (bicycle, walking, arm pull ups, push ups, tummy time, sitting time):

Reaction to bath time:

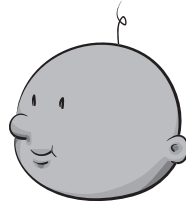
Favorite song:

Favorite game:

Favorite visual stimulation:

***Handouts & Refrigerator Notes***  
***Six Month Visit: Assuring your Baby's Security***  
***with Regular Routines***





## ***Home Activities: Assuring your Baby's Security with Regular Routines***



### ***To Do:***

- Write out your baby's bedtime routine (see page 136)
- Write out your baby's daily schedule (see page 139-141)
- Continue to talk, play and provide your baby with physical, auditory and visual stimulation
- Do something special for yourself—take a walk, go out for dinner, have a bubble bath, let a friend help out while you go to a movie/film, or exercise
- Complete the temperament questionnaire on yourself and your baby (page 142-145)

### ***To Read***

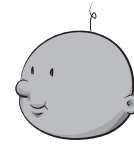
Read Chapter 4: *Incredible Babies – Parents Learning to Read Babies' Minds.*

**I have a  
bedtime  
routine**



## REFRIGERATOR NOTES

### Tips to Establishing Your Baby's Healthy, Independent Sleep Habits



Remember that different parents have different goals and philosophies for their child's sleep. If you are happy with your current routine, you do not need to change it! If you want to encourage your baby to sleep on his/her own, the following tips will help you and your baby meet that goal.

- Set bedtime and regular nap times to regulate sleep patterns (start at 4–5 months).
- For babies younger than 6 months, be baby-led in establishing routines.
- Choose a bedtime that fits your family schedule and stick to it as much as possible. Try to have a calming down period in the early evening.
- Establish a bedtime routine such as:
  - bath, diaper, pajamas, story, song and kiss good night.
- Do the bedtime routine in the same order each night.
- Establish a less elaborate, but consistent naptime routine.
- Try to place your baby in his bed when he is drowsy, but not yet asleep.
- If your child is old enough to lift her head up independently, introduce a small, light lovey.
- Encourage your baby to fall asleep independently without a bottle, or rocking, or sleeping with your baby.
- Remember babies often need to cry for a few minutes after being put in their crib.
- If your baby wakes up in the middle of the night give her a chance to go back to sleep on her own.
- By 6 months, most babies do not need to be fed in the middle of the night for nutritional purposes, but be led by your baby. Many have learned to use nursing or a bottle for comfort at these times. These feedings can be gradually shortened and then stopped.

Remember babies cycle between deep and light sleep every 3–4 hours. When they are in light sleep they may cry out and thrash about. Before responding to your baby, give him a chance to resettle on his own. Remember that every habit is different, be led by your baby in establishing healthy sleep habits.

**Healthy sleep  
habits**





I help  
my baby  
feel secure  
and safe



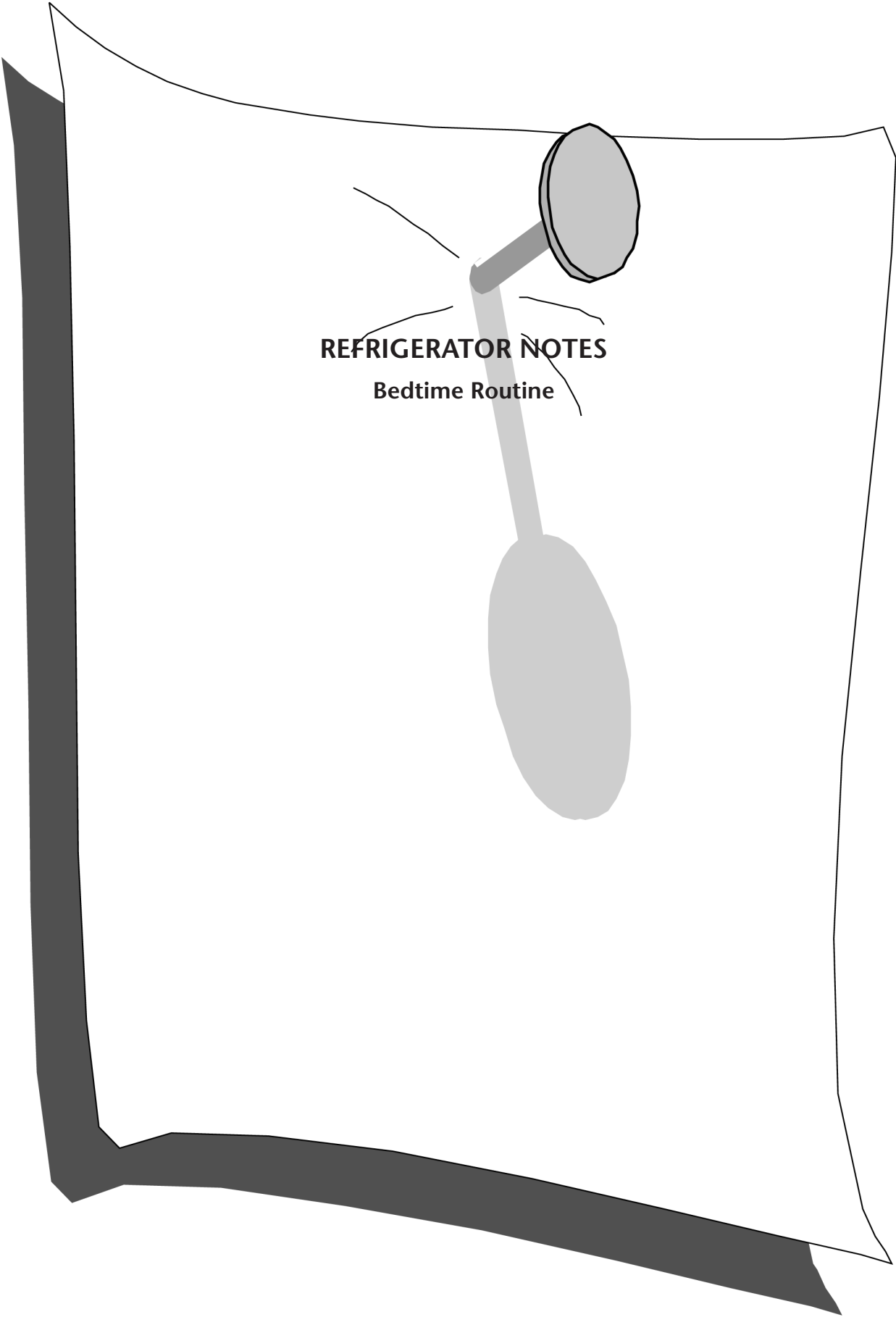
## REFRIGERATOR NOTES

### Helping My Baby Feel Loved, Safe and Secure

- Cuddle, rock, kiss, and hug my baby often
- Speak "parent-ese" to my baby
- Try to make sense of my baby's nonverbal cues and cries by checking out diaper, feeding, or cuddling needs
- Try to see my baby's point of view and talk to my baby about it
- Provide consistent comfort when my baby is upset
- Say my baby's name often
- Make everyday things such as diapering, feeding, and bath time fun and loving rituals to give a familiar feeling
- Tell my baby I love him and share feelings of joy
- Notice when my baby is distressed, unhappy, sad, or happy and name and reflect his feeling
- Structure my baby's day with predictable routines and responses
- Modulate the amount of stimulation my baby receives
- Touch my baby in loving ways
- Try to be consistent and limit the number of activity changes each day
- Stay calm with my baby when my baby is upset
- Read my baby's mind and respond with adjustments

I say my  
baby's  
name  
often







A TYPICAL DAY\* WITH \_\_\_\_\_ AGE \_\_\_\_\_

Write down your routines here for putting your baby down for naps or for night time sleep as well as your baby's favorite foods and play activities. Share this with your babysitter or day care provider.



SLEEP TIMES



FEEDING TIMES



PLAY & ALERT TIMES



FUSSY TIMES



BOWEL MOVEMENTS

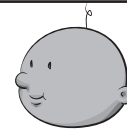


\*While every day is unique, this form can help you reflect on general patterns



## REFRIGERATOR NOTES

### Introducing Solid Foods (6 months) Be Baby-Led



- Introduce solids at 6 months starting with a small amount of food once a day. Until then, breast milk or formula is all your baby needs. Waiting for solids until 6 months has been shown to reduce the risk of your baby getting allergies and, if you are breastfeeding, will also increase your baby's immunity for the rest of the first year.
- Your baby will be ready for introducing solids when he has head control, shows interest in foods, can sit upright, has doubled his birth weight, and can coordinate hand, eye, and mouth movement.
- Let your baby eat in the high chair with your family whenever you can—not in front of the television or on the run. Be sure to do up the baby chair safety straps.
- Start with soft fruit and vegetables or iron-fortified rice cereal (which is gluten free and less allergenic than other foods); let your baby finger-feed.
- First nurse or bottle feed and then give 1–2 teaspoons of soft finger foods or dry cereal mixed with breast milk or formula.
- Don't put solid food in your baby's bottle or he won't learn about eating from a spoon.
- Begin once-a-day feeding at a time when you and your baby are not tired.
- If you are using a spoon, use a rubber tipped spoon to avoid injuring baby's gums.
- Don't worry if your baby doesn't seem interested in eating off the spoon, better yet to let him smell, taste, touch and explore foods and learn to feed himself with his fingers.
- Let him explore with his fingers and have his own spoon and model feeding yourself with a spoon. You can choose to spoon feed your baby though they will soon be able to do it for themselves.
- Don't worry about your baby choking when letting her feed herself. At this age she can't get the food to the back of her throat to swallow — which is why she spits it out!
- If your baby leans back or turns his head away from food he has probably had enough or is bored with the food game.
- Remember, babies need to learn how to chew and swallow and it may be several months before they become skilled enough to be gaining much nutritional value from the solid foods. For a few months, your baby will be getting most of his/her nutrition from breast milk or formula. You can think of offering first solid foods as playtime and practice for learning how to eat.

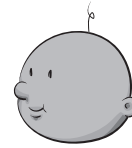




## HANDOUT



## THINGS I CAN DO (6–9 months)



Activity	Date/Check	Observations/Comments
I can sit without support now		
I am trying to crawl with my arms but my legs don't work yet		
I can wave bye-bye		
I can say mama and dada		
I can reach for something I want		
I can indicate with gestures what I want		
I understand "no"		
I can understand what you are telling me		
I can search for things that are hidden or just out of reach		
I am curious and want to examine things		
I can feed myself by picking up stick-shaped pieces of food with my fingers		
I am experimenting with what foods I like and dislike		
I can turn pages of a book		
I enjoy being read to		
I am drinking from a sippy cup		
I love pat-a-cake and other peek-a-boo games		
I am crawling with my belly off the floor		
I can put things in a container		
I am trying to pull up to stand		
I copy others using a spoon or fork		

## Refrigerator Notes

### Preparing for Your Toddler's Safety: Part 1

Toddlers are driven to explore and are curious about everything—they have no inhibitions and don't understand danger! Therefore one of the biggest challenges for parents is doing as much as possible to keep your child safe. Do this checklist and see how toddler-proof you are.

Action	yes	no
Monitor and supervise my toddler at all times; am vigilant about this.		
Toddler-proofed every room in my house		
Keep emergency numbers next to the phone (including a poison control number)		
Keep curtain and blind cords out of reach		
Ensured all my windows are lockable and use window guards		
Put plastic covers on electrical outlets		
Unplug electrical appliances when not in use		
Put latches on cupboard doors and drawers		
Keep chairs and cribs away from windows		
Keep small objects such as coins, marbles, batteries and purses out of reach of my toddler		
Keep toilet seat closed at all times. If my toddler is attracted to water, keep the bathroom door closed/locked or use a toilet seat lock		
When bathing child, I do not leave a filling/filled bath unattended. I keep my toddler with me while bath is filling. Once my child is in bath tub, I do not leave, even for a second. I drain water as soon as my child is out of bath		
Do not leave my toddler alone with my pet and keep litter box in walled off area		
Made sure my plants are not dangerous (called poison control center)		
Installed baby gates at the top and bottom of stairs		
Use fire-retardant sleepwear		
Turned down the temperature on my hot water heater		
Locked all medications (including vitamins) in lockable medicine cabinet or cash box that can be stashed on a top shelf		
Keep all products such as shampoo, cosmetics, nail polish remover, household cleaners, scissors, razors out of my toddler's reach		
Keep electrical hair dryers out of my toddler's reach		
Keep stuffed animals away from cooking area		
Turn pot handles toward back of stove; secure oven door		

## Refrigerator Notes

### Preparing for Your Toddler's Safety: Part 2

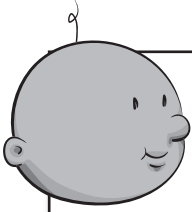
Toddlers are driven to explore and are curious about everything—they have no inhibitions and don't understand danger! Therefore one of the biggest challenges for parents is doing as much as possible to keep your child safe. Do this checklist and see how toddler-proof you are.

Action	yes	no
Never leave my toddler unattended while eating; do not give him popcorn or peanuts		
Have a play area in kitchen—give him his own cupboard with plastic containers, wooden spoons etc.		
Avoid latex balloons—stick to Mylar		
Put fireplace guards around fireplaces or heaters		
Supervise my toddler when he's using a riding toy		
Use a helmet when my child is riding a tricycle (to get in habit)		
Keep my toddler in a car seat and strapped in facing the rear. (Children should be rear facing until they weigh at least 20 lbs AND are one year of age.)		
Use a government-approved car seat. I never ride in the car with my toddler in my arms. I will keep my toddler in a car seat until he is at least 40 lbs and then in a booster seat until he is 4'9".		
Never leave my child unattended in car, even if dashing to the store for a minute.		
Put sunscreen on and sun hats on my children when in the sun		
I have taken a first aid and infant/toddler CPR class		
I stay within arm's reach of my toddler near traffic, water, or other dangerous situations.		
I am teaching my toddler to "stop" for traffic and to hold my hand as we cross the street		
In very dangerous or crowded situations (near water, near traffic, in a busy airport) I keep my toddler safe in a backpack, stroller or harness.		









## Refrigerator Notes

### **Goodness of Fit—Managing Your Baby's Temperament**

Even if parents have different temperaments than their children, they can still strive for a good fit with their baby and child. A good fit is when parent's demands and expectations are compatible with their baby's temperament, abilities and characteristics. The goal is always to manage rather than to squelch or change temperament.

Here are some tips for achieving a good fit and managing your baby's temperament.

- Realize that your baby's temperament style is not your "fault" because temperament is something biological and innate, not something that is learned from parents. Your baby is probably not purposely trying to be difficult or irritating. Don't blame him or yourself.
- Respect your baby's temperament without comparing to other siblings or trying to change his or her basic temperament.
- Consider your own basic temperament and behavior and tailor your parenting responses when they clash with your baby's responses to encourage a better fit.
- Remember what you model for your children is what they learn from you.
- Try to consider and anticipate your baby's adaptability, activity level, sensitivity, biological rhythms and ability to sustain attention when planning activities that are most suitable for your baby.
- Try to focus on the issues of the moment. Do not project into the future.
- Review your expectations for your baby, your preferences and your values. Are they realistic and appropriate?
- Anticipate high risk situations and try to avoid or minimize them.
- Enjoy the interactions and the differences in each of your children.
- Avoid labeling your baby as bad or difficult as this may lead to negative self-image and further compound his difficulties.
- Try to distinguish between a tantrum that is temperamentally induced (reaction to disappointment) versus one that is manipulative (designed to get parent to give in).
- Help your baby feel special.
- Find a way to get relief for yourself and your baby by scheduling some time apart.

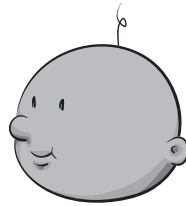
Remember above all temperament qualities can be shaped to work to a baby's advantage if they are sensibly managed.

**I make my  
baby feel  
special**



***Handouts & Refrigerator Notes***  
***Nine Month Visit: Supporting Your Baby's***  
***Emerging Sense of Self***





## ***Home Activities: Emerging Sense of Self***



### ***To Do:***

- Give your baby opportunities to explore
- Make mealtimes fun—be child-directed and respond to your baby's cues
- Allow your baby some independence during mealtimes
- Teach your baby some sign language
- Complete your emergency information (page 170)

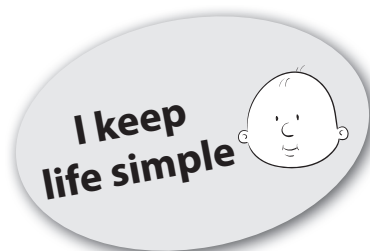
### ***To Read/Review***

Read Chapter 6: *Incredible Babies – Baby's Changing Sense of Self.*



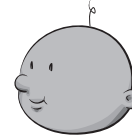
Parent's Viewpoint   
**Developing my Support Team**

- Take some personal time to refuel my energy
- Do something nice for myself such as exercise, have a massage, or walk with a friend; when I recognize and meet some of my own needs, my children benefit too
- Leave my baby with a caregiver I trust
- Help my caregiver know my baby's schedule, regular routine, and favorite activities
- After being away from my baby, find out about my baby's activities and routine with her caregiver
- Support my baby's caregiver with appreciation for his or her thoughtful efforts with my baby
- Encourage my baby's special relationship with my caregiver — remember this is a healthy sign and will not diminish my special bond with my baby
- Encourage my baby's relationships with family relatives and friends by sharing my baby's developmental milestones and special interests via phone, email or texting; even though they may not live nearby
- Keep a log of the fun moments to share with friends
- Join with other parents to share parenting ideas, experiences and frustrations
- Keep life simple





## Points to Remember about **BABYSITTER PREPARATIONS**



Things to discuss with your babysitter:

- Location of your emergency information (fill out the handout included and post it on your refrigerator).
- Where you will be and when you will be home.
- Your child's schedule for the time you will be gone: discuss feeding, diapering, sleeping, and activities that your baby likes. It can be helpful to write this down for your babysitters.
- Show the babysitter where everything is and what to do: diaper changing table and where to put soiled diapers, bottles, and how to warm milk, where your child usually sits or plays (bouncy seat, exersaucer).
- If your babysitter will be transporting your child in the car, make sure that the carseat is properly installed and show her how to secure your baby in the seat.
- Review baby-proofing needs and stress particular situations where your child needs monitoring (protection from the family dog, siblings, where your child can and can not be safely placed). This will vary depending on your child's developmental level.
- Particularly if you have a young babysitter, discuss your expectations for his or her behavior: visitors, phone calls, texting, whether he or she can leave the house with your baby, etc.
- Check with your babysitter about their level of experience with children the age of your baby. If you have an inexperienced babysitter, you will need to think carefully about the different situations he or she will encounter and provide enough guidance to keep your baby safe. For example, if your teenage babysitter has never given a bath to an infant, do not have them bathe your infant while you are gone. Provide clear guidelines about what your baby can and cannot have to eat.
- Discuss when your babysitter should call you. This will also vary depending on the experience of your babysitter. For example, you might let an experienced caregiver use his or her own judgment, but might have a less experienced caregiver call you if your child has been crying for more than 5-10 minutes.
- Better yet to have your babysitter spend time with you in advance to observe and learn your feeding and changing routines and play interactions.

Once you have covered these things with your babysitter, relax and enjoy your time away!

I keep  
my baby  
safe



## EMERGENCY INFORMATION

Post on the Refrigerator

**PARENT'S CELL PHONE** \_\_\_\_\_

### WHOM TO CALL IF YOU CAN'T REACH ME

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

### IN CASE OF EMERGENCY

Our 911 address is \_\_\_\_\_

Our closest major intersection is \_\_\_\_\_

### OUR CLOSEST NEIGHBOR YOU CAN CONTACT IN AN EMERGENCY

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

**DOCTOR NAME/ADDRESS/PHONE NUMBER** \_\_\_\_\_

\_\_\_\_\_

### CHILD'S INSURANCE INFORMATION

Provider \_\_\_\_\_ Group ID# \_\_\_\_\_

Insured's Name and ID# \_\_\_\_\_ Policy ID# \_\_\_\_\_

### EMERGENCY TREATMENT RELEASE

Child's Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Any licensed physician, dentist or hospital may give necessary emergency medical service to my child (\_\_\_\_\_) at the request of the person bearing this consent form.

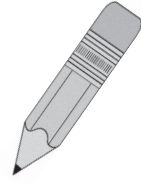
\_\_\_\_\_  
SIGNATURE OF PARENT OR LEGAL GUARDIAN

\_\_\_\_\_  
DATES OF RELEASE



# CAREGIVER'S JOURNAL

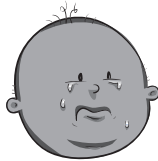
Caregiver, record here things you have noticed about baby's daily schedule, likes and dislikes, and new developmental landmarks.



**SCHEDULE**



**LIKES**



**DISLIKES**



**NEW DEVELOPMENTAL  
LANDMARKS**



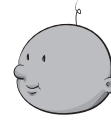
**NEW THINGS TRIED**



HANDOUT



THINGS I CAN DO (9–12 months)

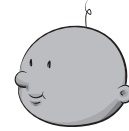


Activity	Date/Check	Observations/Comments
I recognize my parent from other adults		
I have discovered myself in the mirror		
I can wave bye-bye		
I can say mama and dada to correct parent		
I can search for something that is hidden		
I can jabber		
I understand "no"		
I can understand what you are telling me		
I can reach out for what I want		
I am curious and want to examine things		
I can pick up a small object with my fingers		
I like "touchy-feely" books		
I recognize my favorite foods and trying new flavors		
I am drinking from a sippy cup and like to feed myself with a spoon		
I love pat-a-cake and other peek-a-boo games		
I am crawling with my belly off the floor		
I can pick up foods accurately using fingers and hands		
I can stand alone briefly		
I am cruising		



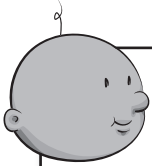
## REFRIGERATOR NOTES

### Introducing Solid Foods (9-12 months)



- Babies will still need breast milk or formula until one year of age and many parents choose to breastfeed their babies longer than this.
- Start with soft or mashed fruits and vegetables, and move on to finely chopped foods.
- Gradually increase the consistency, texture, and variety of foods you offer. Give a rainbow of foods.
- Let your baby choose what foods she wants to try to eat. Allow for choice.
- Be prepared for messes by putting a plastic sheet or clean cloth under your baby's high chair and dress him/her in a short sleeve top. Remember dropping food and spoons and messing with it is all part of the learning process.
- Choose foods with no added salt or sugar. Avoid low fat, high fiber foods. Offer chunky, stick-shaped pieces of food (vegetables, fruits, chicken) that your baby can hold on to. Soft, somewhat firm, lightly cooked vegetables are great for baby munching and tasting. Toast is easier to eat than soft bread and bread sticks are great for dipping.
- Stay with your baby whenever he is eating. Preferably, have your family meal at the same time to promote modeling eating behaviors.
- Most of all, be baby-directed with feeding and let your child be in control of his/her own eating. Make this a time for fun, food exploration, and discovery. This will prevent many future problems over food. Respect your baby's preferences. Continue to offer foods periodically, even if baby has refused it in the past.

**NOTE: There is no need to purée or mash the food or even for spoon feeding. Self-feeding allows babies to explore taste, texture, and smell and encourages hand-eye coordination.**



## REFRIGERATOR NOTES

### **Social and Emotional Developmental Milestones 6–12 months**

- Stranger anxiety starts (7–8 months, begins; peaks at 10-18 months)
- Waves good-bye (8 months)
- Begins to understand object permanence (7–8 months)
- Can say mama or dada indiscriminately (8 months)
- Begins to understand the meaning of words (9 months)
- Searches for hidden objects (8–9 months)
- Will reach out to objects and indicate wants with gesture (8–9 months)
- Jabbers (9 months)
- Plays patty-cake and peek-a-boo (10–11 months)
- Says mama and dada to correct parent (10–11 months)
- Understands about 50 words but cannot say them (at 12 months) (action verbs, eating, bath time etc.)
- Discovers self in mirror

**We play  
peek-a-boo**

