

**Session One: Intro, Overview, Methods and Processes**

- \_\_\_ Introductions, research background for program, overview of baby training, objectives
- \_\_\_ Video Interview with parent
- \_\_\_ Preview Baby Video
- \_\_\_ Brainstorm in Zoom rooms parent feelings and creating a safe emotional and physical space
- \_\_\_ Session Agenda
- \_\_\_ Model Group rules
- \_\_\_ Goal Setting
- \_\_\_ Explaining the blocks poster

**Part 1: Becoming a Parent—Getting to Know Your Baby (first 3 months)**

- \_\_\_ Start with a song with babies
- \_\_\_ \*Introductory Vignette (Model mediating) & Debrief Mediation of Introductory narrations
- \_\_\_ \*Vignette 1A and 1B Meaning of Crying (model mediating) & debrief mediating vignettes
- \_\_\_ \*Vignette 5 Observing and Getting to Know Your Baby & Debrief (model & debrief)
- \_\_\_ Vignette 8 Getting Sleep and Support (model)
- \_\_\_ Vignette 12 Bouncy Chair (optional)
- \_\_\_ Summary of take-home message for parents (Zoom Rooms)
- \_\_\_ Summary of mediating vignettes
- \_\_\_ Ending Sessions – Home activities, Things I can do, Self-monitoring, Points to Remember, Evaluations etc.
- \_\_\_ Outline of sessions and checklist

**Session Two**

**Part 2: Parents as Responsive Communicators & Babies as Intelligent Language Learner ~**

**Cognitive Development Neurons**

- \_\_\_ Review of “things I can do”
- \_\_\_ \*DVD Disc 2:2B Things I can do, Sharing Developmental Milestones (first 4 min)
- \_\_\_ Objectives
- \_\_\_ Benefits Exercise of talking to babies
- \_\_\_ Introductory Narration (model mediating and debrief)
- \_\_\_ \*Vignette 2: Bathing Your Child in Language (Zoom in room to share (principles/leader questions) (note long introduction)
- \_\_\_ Model setting up practice speaking “parent-ese”
- \_\_\_ Vignette 5: Breakfast (optional pause to think about questions followed by Zoom rooms) (buzz about where to place baby to be able to talk with them)
- \_\_\_ \*Vignette 10: Love Songs (chat and share love songs)
- \_\_\_ Assigned Home Learning Experiences
- \_\_\_ Participant Assignments – Buddy Calls

**Note:** Model starting sessions with baby songs.

### **Part 3: Providing Physical, Tactile, and Visual Stimulation for Your Baby (3-6 months)**

- \_\_\_ \*Parent Experiences DVD Disc 3
- \_\_\_ \*DVD dis 1: 1B Sharing Self-Care Assignment
- \_\_\_ Objectives
- \_\_\_ \*Introductory Vignette Part 3 (record questions to ask as group leader & safety alerts to note & share in Zoom room)
- \_\_\_ \*Vignette 1: Bathing and Massaging (note safety alerts, practice questions & share in Rooms)
- \_\_\_ \*Vignette 5: Cycling Lessons (practice)
- \_\_\_ Buzz physical exercises, stimulation ideas and games to play (Zoom Room)
- \_\_\_ Vignette 11: Reading to Babies (optional) practice questions
- \_\_\_ Rooms to talk about setting up reading practice
- \_\_\_ Ending Session

### **Session Three:**

#### **Part 4: Parents Learning to Read Babies' Minds (6-9 months)**

##### **(crying and putting babies to sleep)**

- \_\_\_ Objectives
- \_\_\_ \*DVD 2: Vignette 1 Introducing Session with meal, song, practice
- \_\_\_ \*Introductory Narration (jot down words and concepts to clarify)
- \_\_\_ \* Vignette 1: Reading babies minds (pause to write key learning points) Go into Zoom room to discuss i) Key learning points/principles want parents to learn; what questions to ask?; ii) how set up practice?
  
- \_\_\_ Vignette 5: Cuddling & Sniggling (practice helping babies regulate)
- \_\_\_ Rooms for Buzz: Ways to cope with fussy baby (if not done previously)
- \_\_\_ \*DVD Disc: Vignette 2B Mediating vignette about bedtime routines (5.23 min)– 2 Zoom Rooms – to discuss i) what was effective and what are key learning points for parents ?? ii) what are the key principles for safe sleeping?
- \_\_\_ \*DVD Disc: Vignette 2C (sleeping positions and routines) (13 min- first 3.3 min) – Zoom Rooms i) what are the key parent learning principles ii) how handle discussion of babies crying when put to sleep at night?
- \_\_\_ Vignette 6&7 (optional if time)
- \_\_\_ Ending Session

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

- \_\_\_ Objectives
- \_\_\_ \*Introductory Narration (brief thumbs up for pause)
- \_\_\_ \*Vig 4: Finding out about your baby's day – Room Buzz what do know from caregiver
  
- \_\_\_ DVD 3A: Getting Support (if time) (7 min)
- \_\_\_ Ending Session
- \_\_\_ Handouts

## Session Four:

### Part 6: The Emerging Sense of Self

- \_\_\_\_\_ \*DVD 2C: Safety Checklist (first 3 min of the 6 min)
- \_\_\_\_\_ \*DVD 3A: Solid Foods (how topic is introduced by Kimberlee) (1.3 min)
- \_\_\_\_\_ \*Introductory Narration
- \_\_\_\_\_ \*Vignette 1: Avoiding Food Fights (pause to write questions) (3 Zoom rooms i) what is meant by baby led feeding? & how can mother be more baby-led? ii) what is positive about what this mother is doing? key parent learning; iii) how do you know the baby is ready for feeding?
- \_\_\_\_\_ \*DVD 4E: Mediating Vignettes (6.4 min)
- \_\_\_\_\_ \*DVD 5A: Value of Parent Practice – Role play (5 min)
- \_\_\_\_\_ \*DVD 5B: Replay (2.5 min)
- \_\_\_\_\_ \*DVD 7: Group Endings (first 3 min of 5.3 min)
- \_\_\_\_\_ Ending Sessions – Handouts etc
- \_\_\_\_\_ Accreditation