Incredible Years Parents and Babies Program Objectives

Part 1: Getting to Know Your Baby (0-3 months)
- Learning how to observe and read babies’ cues and signals
- Understanding how to cope with babies’ crying and fussy periods
- Learning about feeding and burping
- Understanding the importance of communication with babies
- Learning about babies’ fevers and recognizing when to call the doctor
- Providing babies with visual, auditory and physical stimulation
- Learning about soft spots, baby acne, sleep habits, spitting, normal bowel movements and diapering
- Learning how to baby-proof a home
- Learning about babies’ developmental milestones in the first 3 months
- Understanding the importance of getting rest and support and shifting priorities

Part 2: Babies as Intelligent Learners (3—6 months)
- Understanding “observational learning” or mirroring and how babies learn
- Learning about how to talk “parentese” to babies
- Learning songs to sing to babies
- Understanding the importance of parental communication for babies’ brain development
- Understanding normal developmental landmarks ages 3-6 months
- Learning ways to keep babies safe

Part 3: Providing Physical, Tactile and Visual Stimulation
- Learning about ways to provide physical and tactile stimulation for babies and its importance for brain development
- Understanding the importance of visual and auditory stimulation
  - Modulating the amount of stimulation babies receive
- Understanding the importance of reading to babies
- Providing opportunities for babies to explore safely
  - Involving siblings and other family members in baby play times
- Learning games to play with babies
- Learning to keep babies safe during bath times and other activities

Part 4: Parents Learning to Read Babies’ Minds
- Learning how to read babies’ cues and developmental needs
- Understanding how to respond to babies’ crying and fussy periods
Strategies to set up predictable routines and bedtime rituals
Learning how to help baby feel secure and loved
Understanding how babies can be over or under stimulated
Learning strategies to help babies’ calm down
Knowing how to get support

Part 5: Gaining Support
Understanding the importance of finding time for oneself to renew energy for parenting
Understanding the importance of involving other family members and friends in your baby’s life
Learning how to get support from others
Knowing how to inform other infant care providers or baby sitters of baby’s needs and interests
Knowing how to baby-proof house and review checklist
Learning developmental infant landmarks (6-12 months)

Part 6: Babies Emerging Sense of Self (6-12 months)
Understanding how babies learn - “observational learning” and modeling
Learning how to provide predictable routines or schedules for babies
Learning how to introduce solid foods in child-directed ways
Knowing how to allow for babies’ exploration and discovery
Knowing how to talk to babies in ways that enhance language development
Understanding how to make enjoyment of baby a priority
Learning about visual and nonverbal communication signals
Understanding about babies’ development of object and person permanence
Understanding how to baby-proof a home and completion of checklist