

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