

Overview of Topics



Family Development

Topics	Week 1	Week 2	Week 3	Week 4
Empowerment	<ul style="list-style-type: none"> • Introduce yourself & your program to the family. p5 • Ask the family about any urgent, unmet basic needs & help them access the appropriate resources. p7 	<ul style="list-style-type: none"> • Observe for any unmet basic needs & help the family plan to avoid last minute crises. p67 	<ul style="list-style-type: none"> • Help the family address any unmet basic needs. p113 	<ul style="list-style-type: none"> • Help the family identify their dreams & develop a treasure map. p155
Relationships & Support	<ul style="list-style-type: none"> • Ensure Mom has adequate support during the postpartum period. p9 • Ask about Mom's relationship with the baby's father. p10 • Ensure Mom has enough support, especially if she is experiencing the baby blues. p11 • Ask about the support of extended family members. p13 	<ul style="list-style-type: none"> • Check to see that Mom has enough support & encourage Dad's/partner's involvement. p68 • Ask how siblings are reacting to the new baby & offer ways to help them adjust. p69 	<ul style="list-style-type: none"> • Ask about how the new baby has changed family relationships. p114 • Ask how grandparents are relating to the baby & encourage their involvement. p115 	<ul style="list-style-type: none"> • Suggest ways siblings can be safely involved with the new baby. p157 • Follow up with Mom to make sure she has enough support. p158 • Help military parents stay connected with their newborn & family. p159
Fatherhood	<ul style="list-style-type: none"> • Talk with Dad about arranging time off from work to help with baby. p14 • Encourage Dad to have a positive relationship with Mom & baby. p15 • Help Dad feel connected by showing how the baby recognizes his voice. p16 • Help Dad feel competent in his ability to care for his baby, recognize his cues, respond appropriately, & have a plan for when he feels frustrated. p17 • Help Dad understand why breastfeeding is important & how to be supportive. p19 	<ul style="list-style-type: none"> • Provide suggestions to Dad about how to support Mom. p70 • Ask Dad what he's learned about taking care of his newborn, including how to calm the baby. p71 • Help Dad/partner understand why it's best for Mom if they don't have sex until after her 6-week checkup. p72 • Help Dad/partner be supportive of Mom as she deals with the typical emotional changes of the postpartum period. p73 	<ul style="list-style-type: none"> • Follow up with Dad to see how he's doing with interpreting & responding to his baby's cues. p116 • Ask Dad/partner how he is supporting Mom & baby. p117 • Follow up with Dad/partner about any signs of Mom's postpartum depression. p117 • Talk with Dad about how the daily routines of feeding & diapering provide opportunities to be nurturing. p119 	<ul style="list-style-type: none"> • Ask Dad how he's adjusting & what he's doing to help with the new baby. p161 • Talk with Dad about safety issues related to caring for his newborn. p162 • Ask Dad about strategies he uses for calming his crying baby. p164
Career Development & Finances	<ul style="list-style-type: none"> • Ensure the family has enough money to buy diapers & other basic baby supplies. p20 • Make sure Mom has arranged to take time off from work or school. p21 	<ul style="list-style-type: none"> • Talk about Mom's plans for returning to school/work. p75 • Talk about what arrangements Mom has made for child support &/or public assistance. p76 	<ul style="list-style-type: none"> • Ask whether the family can make their money last through the month. p120 	<ul style="list-style-type: none"> • Help the family plan for extra expenses related to returning to school/work. p165 • Follow up with Mom about her plans to breastfeed when she returns to school/work. p165 • To avoid missing school or work, discuss plans for what to do when baby is sick. p166



Month 2

- Observe for any unmet basic needs & check on the family's ability to access needed resources. p199
- Help the family identify their goals & plan how to meet them. p200
- Talk about strategies for solving everyday problems. p201

Month 3

- Help the family identify their dreams for their baby. p243

Month 4

- Observe for any unmet basic needs & make sure the family can access the appropriate resources. p283
- Help the family learn how to manage their time & set priorities. p283
- Talk about the power of hope & how to adopt a more positive attitude. p284

Month 5

- Encourage Mom to make decisions with her baby in mind. p323
- Help the family identify barriers to reaching their goals & encourage a "can-do" attitude. p324

Month 6

- Observe for any unmet basic needs & make sure the family is able to access necessary resources. p357
- Follow up with the family on their efforts to prioritize & make time for important things. p358
- Talk about how simplifying & organizing can be empowering. p359
- Ask family about progress made toward goals & dreams. p360

- Ask Mom if stress of caring for the new baby is affecting her relationship with her partner. p202
- Talk with Mom about conflict in relationships. p203
- Continue to encourage a relationship with baby's dad unless there are safety concerns. p205
- Ask about family members helping with chores. p206
- Ask how having a baby has affected relationships at work & discuss alternate care options for when baby is sick. p207

- Follow up to see how involved Mom's partner is with the baby. p244
- Encourage the parents to nurture their relationship. p244
- Talk about the challenges of co-parenting & how to handle disagreements about child rearing. p245

- Talk with mother about having a more supportive relationship with her partner. p285
- Talk about the importance of a father figure if the baby's dad is not involved. p286
- Discuss how Mom's relationships might be healthy or harmful for her baby. p287

- Encourage friendships with other mothers & ask about any changes in Mom's relationships at school or work. p325
- Talk about preventing & repairing misunderstandings. p326
- Help the family expand their network of support. p327

- Help the family anticipate the support they'll need as their baby gets older. p361
- Ask how Mom was parented & talk about what kind of mother she wants to be. p362

- Explain that new dads can experience depression. p208
- Follow up with Dad about the stress of caring for a newborn & make sure he has enough support. p210
- Talk about how Dad can develop a close relationship with his baby, even though they don't live together. p211

- Acknowledge Dad's growing skill in reading his baby's cues & responding effectively. p246
- Ask Dad how he helps with daily chores. p247
- Follow up with Dad about how he is feeling & if he's experienced any symptoms of depression. p248
- Talk about how to handle frustration with baby's mom & how to repair hurt feelings. p249

- Talk with Dad about considering what is best for the baby when making decisions. p288
- Follow up with Dad about how he deals with frustration & what strategies he uses to calm his baby. p289
- Talk with Dad about the importance of providing love, protection, & economic support. p290

- Encourage Dad to consider his hopes & dreams & to take steps toward achieving his goals. p328
- Ask about the impact of fatherhood on Dad's friendships. p329
- Help Dad understand how his involvement will better his child's life. p330

- Ask Dad how he was parented & what kind of father he wants to be. p363
- Talk about ways to respectfully disagree about child rearing with baby's mother. p364
- Encourage Dad to support his baby's increasing mobility & continued need for reassurance & supervision. p366

- Talk about different options for finishing school. p212
- Talk with the family about how they are managing the extra expenses of caring for their baby. p213

- Help the family ensure their money can last through the month. p250
- Talk about how to stay connected with baby while at work or school. p251

- Ask about balancing school/work with the responsibilities of being a parent. p292
- Check on family's efforts to track their expenses & help them make a realistic budget for the coming month. p293

- Talk with the family about what expenses they might reduce in order to live within their budget. p331
- If the parent is working, ask about their current job & options for advancement. p332

- Talk with the family about the importance of saving money for their baby's future. p367





Overview of Topics

Family Health

Topics	Week 1	Week 2	Week 3	Week 4
Diet & Nutrition	<ul style="list-style-type: none"> • Make sure the family has food in their home & is signed up for WIC. p22 • Explain that Mom needs a nutritious diet & extra vitamins to replenish her body after childbirth. p23 	<ul style="list-style-type: none"> • Explain Mom's increased need for nutrients & water while breastfeeding. p77 	<ul style="list-style-type: none"> • If Mom is breastfeeding, make sure her diet is healthy & she consumes the extra calories & fluids she needs. Ask about negative reactions to foods. p121 	<ul style="list-style-type: none"> • If Mom is breastfeeding & worried about losing weight, explain that breastfeeding helps burn extra calories. p167 • Show the family how to read food labels. p168
Exercise & Physical Activity	<ul style="list-style-type: none"> • Encourage Mom to get plenty of rest so her body can heal. p24 	<ul style="list-style-type: none"> • Explain why doing Kegel exercises is important. p78 	<ul style="list-style-type: none"> • Explain how getting outside during the day can make you feel better. p122 • Reassure Mom that if she eats well & gets exercise she will eventually lose her pregnancy weight. p123 	<ul style="list-style-type: none"> • Check on Mom's energy level & talk about ways to start getting some exercise. p168
Alcohol, Drugs, & Tobacco	<ul style="list-style-type: none"> • If Mom smokes, encourage her to breastfeed as long as she takes precautions to minimize effects of smoke on her baby. p25 • Be sure Mom knows that if she uses street drugs, especially while breastfeeding, she can seriously harm her baby. p26 • If Mom is breastfeeding, explain that any alcohol she drinks may harm her baby. p27 • If Mom is breastfeeding, make sure she knows to take only medication approved by her health provider. p28 	<ul style="list-style-type: none"> • Talk with the family about how exposure to cigarette smoke can be harmful to the baby. p79 	<ul style="list-style-type: none"> • Talk about safety issues related to bed sharing & alcohol, drug, &/or medication consumption. p123 • Explain in detail how exposure to cigarette smoke can harm the baby. p124 	<ul style="list-style-type: none"> • Discuss ways Mom/Dad can ask others not to smoke in their home or car. p169
Sex, STDs, & Family Planning	<ul style="list-style-type: none"> • Talk with Mom about birth control options. p29 • Explain why postponing intercourse until after the 6-week postpartum checkup is important. p30 • Discuss options for birth control if Mom is breastfeeding. p31 • Explain the myths about sex & getting pregnant. p32 	<ul style="list-style-type: none"> • Follow up on the method of family planning that Mom & her partner have chosen. p81 	<ul style="list-style-type: none"> • Remind Mom to delay having sex until after her postpartum checkup. p125 	<ul style="list-style-type: none"> • Make sure Mom & her partner understand the benefits of spacing pregnancies. p170
Family Health Care & Safety	<ul style="list-style-type: none"> • Help ensure the family has health care coverage & a medical home. p33 	<ul style="list-style-type: none"> • Review car safety for all family members. p82 	<ul style="list-style-type: none"> • Talk about the importance of handwashing to prevent the spread of illness. p126 	<ul style="list-style-type: none"> • Talk about ways to keep baby safe while in the car. p171
Physical Changes & Discomforts	<ul style="list-style-type: none"> • Help Mom manage typical physical discomforts that follow childbirth. p34 • If Mom had a cesarean birth, find out how she feels about it. Discuss her recovery & when to call the doctor. p35 • Help Mom know what to expect about her milk coming in, even if she's not breastfeeding. p37 	<ul style="list-style-type: none"> • Ask about any physical discomforts & ensure Mom knows what symptoms should be reported to her doctor. p83 • Explain that feeling really tired after childbirth is normal & suggest ways Mom might manage her fatigue. p85 	<ul style="list-style-type: none"> • Talk with Mom about her energy level, appetite, post pregnancy body, & how well she sleeps. p127 	<ul style="list-style-type: none"> • Ensure Mom schedules her postpartum checkup. p172 • Ask Mom about urine leakage (incontinence) & encourage her to do Kegel exercises. p173 • Encourage Mom to ask about any lingering discomforts at her postpartum checkup & obtain birth control as needed. p174



Month 2

- Talk with family members about how excess weight can affect their health. p214
- Encourage Mom & other family members to be more aware of what they eat & make healthy choices. p215
- Encourage the family to plan, shop for, & prepare healthy meals. p216

- Ask if the doctor gave Mom the okay to increase her activity level at her 6-week checkup. p217

- Discuss the impact of any alcohol or drug abuse by family members. p218

Month 3

- If Mom is not breastfeeding, talk with her about ways to get back to her pre-pregnancy weight. p252
- Talk about the amount of sugar & calories in soft drinks & juices & suggest choosing water as an alternative. p253

- Find out what kinds of exercise family members are interested in. Remind them that exercise can reduce stress & control weight. p254

- If there are smokers in the home, find out why they smoke & offer suggestions to help them quit or cut back. p254

Month 4

- Talk about the amount of protein needed for healthy growth & development. p294

- Follow up with Mom about her progress on finding the time & motivation to exercise. p295
- Talk about ways the whole family can get fresh air & exercise. p296

- Follow up on the family's efforts to quit or cut back on their smoking. p296

Month 5

- Discuss healthy options when eating at a fast food restaurant. p333
- Ask about progress with weight loss goals. p334

- Remind Mom about the importance of having a regular exercise routine. p334

- Discuss the dangers associated with mixing different types of drugs. p335

Month 6

- Talk about problems with salt & sugar & how to cut down on both. p368
- Help the family recognize any signs of diabetes. p369

- Check on family's level of exercise. p370

- Talk about the link between drug &/or alcohol addiction & unresolved trauma. p370

- Find out how Mom's postpartum checkup went & follow up on her choice of birth control. p219
- Discuss options for birth control if Mom has a history of depression or is taking antidepressants. p219
- Follow up with Mom & her partner about benefits of spacing pregnancies. p220

- Encourage sun protection for the whole family. p220

- Ask Mom about fatigue & help her find ways to cope with the loss of sleep. p221
- Ask Mom about her postpartum checkup. p222

- Ask about satisfaction with current family planning method. Review other options if appropriate. p256
- Review why condom use is important for preventing STDs. p256

- Encourage the family to have a backup sitter for when their baby is sick. p257

- If Mom is not satisfied with her current method of birth control offer suggestions for how to talk with her partner about other options. p297
- Explain emergency birth control & what Mom can do if she had unprotected sex. p298

- Remind family about the importance of proper dental care, including annual checkups. p298

- Check on Mom's adjustment to getting less sleep than usual. p299

- Follow up on satisfaction with birth control & track when to renew prescription. p336

- If there are guns in the home, remind parents to make sure they are kept unloaded in a locked cabinet. p337

- Ask about plans for another baby & talk with Mom about baby spacing. p371

- Discuss questions to ask the doctor before taking any new medications. p371
- Describe the health benefits of volunteering. p372





Overview of Topics

Family Health, *continued*

Topics	Week 1	Week 2	Week 3	Week 4
Emotional Health	<ul style="list-style-type: none"> In the event of pregnancy loss, offer support & resources to help the family cope. p38 Help the family deal with the emotional impact of giving up the baby for adoption. p40 Help the family cope if their baby is born prematurely. p41 Help Mom & her partner know what to expect with postpartum baby blues. p43 Prepare family for the exhaustion & emotional challenges of first few weeks. p45 	<ul style="list-style-type: none"> Ask how the family is coping with the baby blues & help them recognize any signs of depression. p86 Help parents have realistic expectations about taking care of a newborn. p88 	<ul style="list-style-type: none"> Talk with military families about the increased rate of postpartum depression associated with deployment. p128 Follow up on any signs of Mom's postpartum depression. p129 Ask if the family is feeling overwhelmed & help them get the support they need. p131 Talk about the emotional transition to parenthood. p132 	<ul style="list-style-type: none"> Talk about how to reduce stress by saying "no" to extra commitments. p175 Remind the family to maintain their sense of humor as a way to release tension & deal with stress. p176



Caring for Baby

Nutrition & Feeding	<ul style="list-style-type: none"> Encourage breastfeeding by discussing the benefits with Mom & other family members & address any concerns. p46 If Mom is breastfeeding, make sure baby is latching on & sucking well. p47 Help family recognize hunger cues so baby can be fed before getting too frustrated. p48 If bottle feeding, make sure family knows how to select & prepare formula & that they have an adequate supply. p49 Explain how to be sure baby is getting enough to eat. p50 	<ul style="list-style-type: none"> Ask how often the baby is fed & if there are any problems with feeding. p89 If Mom is thinking about discontinuing breastfeeding, encourage her to keep trying for a few more weeks, but not to feel guilty if she stops now. p90 Follow up on risks to baby if Mom falls asleep while breastfeeding in bed. p91 Talk about why it's best not to offer a pacifier, water, or juice to baby this soon. p92 	<ul style="list-style-type: none"> Check that feedings are going well & track baby's weight gain. p133 Ask Mom how she feels about breastfeeding in front of others. p133 Ask how much formula the baby uses per week & ensure the family has an adequate supply. p134 Find out if baby has shown any signs of allergy to his formula. Remind family not to use cow's milk until the baby is at least a year old. p135 	<ul style="list-style-type: none"> Explain how to express & store breast milk so others can feed the baby. p176 Help the family recognize when their baby has had enough to eat. p178
Daily Care Routines	<ul style="list-style-type: none"> Make sure the family has basic supplies for baby's first few weeks, including a car seat & a safe place to sleep. p52 Make sure the family knows how to change diapers & explain the importance of frequent diaper changes. p53 	<ul style="list-style-type: none"> Encourage Mom & other family members to insist that everyone who cares for their baby follow daily care routines being established. p93 Help family recognize & respond appropriately to baby's cues. p94 Talk about newborn's bowel habits & what to expect. p95 Talk about how to bathe the baby. p96 Talk about dressing baby appropriately, inside or outside. p97 	<ul style="list-style-type: none"> Ask about the baby's sleep & awake patterns & see how the family is coping with lack of sleep. p136 Talk about the value of routines for babies. p137 	<ul style="list-style-type: none"> Talk about how to manage the necessary interruptions that occur to baby's routines. p179 Talk with family about what to look for when choosing child care for their baby. p179
Health & Safety	<ul style="list-style-type: none"> Make sure family has a properly installed infant car seat & uses it consistently. p54 Make sure the family has a safe sleep environment for their baby. p55 Explain why well-baby checkups & immunizations are critical to baby's health. p57 Check the baby's umbilical cord &, if appropriate, the circumcision. p58 	<ul style="list-style-type: none"> Make sure the first well-baby visit is scheduled & transportation is arranged. p98 Check baby's color & skin. p99 	<ul style="list-style-type: none"> If Mom reports baby cries suddenly during feedings & frequently spits up or vomits, suggest asking baby's doctor about a possible reflux problem. p138 Talk about the symptoms of colic & discuss strategies for handling the stress it can bring. p139 Explain what to do for diaper rash. p140 Talk about thrush, crossed eyes, & lip blisters. p141 Help the family keep their baby safe & healthy. p141 	<ul style="list-style-type: none"> Teach the family how to tell if the baby is sick, how to take a temperature, & when to go to the emergency room. p180 Talk about safety issues when taking baby out in a car. Discuss how to ensure baby is never left in the car. p181 Ask about the baby's first checkup & immunizations. p182 Remind family to never leave baby unattended, especially around water or pets. p183 Make sure family has made an appointment for baby's 2-month checkup & knows what to expect. p184



Month 2

- Talk about the stress & demands of parenting a new baby. p223
- Encourage the family to engage in pleasurable activities to prevent depression. p224

Month 3

- Talk about the changes parenthood brings & how to handle frustrations. p258
- Explain how stress or violence in the home can harm the baby. p260

Month 4

- Help Mom learn how to nurture herself. p300
- Talk about healthy ways to manage stress. p300
- Help the family overcome any barriers to getting help for depression. p302

Month 5

- Ask about the emotional tone of the household & explain how it shapes baby's development. p338
- Ask about frustration with caring for baby & make sure the family has the support they need. p339
- Talk about healthy ways to manage stress. p340

Month 6

- Talk about healthy things the family can do to manage their stress. p373
- Help raise awareness about abusive behaviors & where to seek help. p374
- Help the family understand how their emotional problems can undermine their baby's development. p376

- Check how feeding is going. If appropriate, follow up on Mom's plans to continue nursing after returning to work or school. p225
- Follow up on the dangers associated with letting the baby fall asleep in Mom's bed after nursing at night. p226

- Ask how feedings are going. Address any problems with nursing & returning to school/work. p261
- Encourage Mom to continue breastfeeding. If she decides to wean her baby, give suggestions on how to make it go smoothly. p262
- Explain why solid foods shouldn't be introduced until later. p263

- Monitor baby's weight gain & make sure the baby is getting enough breast milk or formula. p304
- Talk about starting solid foods, allergic reactions to new foods, & how to make baby food at home. p305
- Check on how feedings are going. If Mom is breastfeeding (weaning) & returning to school/work, help resolve problems. p306
- Remind family why it's never good to give cow's milk, liquor, honey, or other non-milk items to baby. p307

- Encourage breastfeeding & help with any issues, including gumming or biting. p341
- If Mom is weaning her baby, find out how they are doing & offer help with any difficulties. p342

- Ask if there are any feeding issues & check again about biting & teething. p377

- Talk about how to prepare for outings with baby. p226

- Discuss baby's current sleep patterns. p264
- If baby is being cared for by someone outside the home, encourage communication & consistency between family & caregiver. p265
- Talk about how baby's growth & development is affecting diapering routine. p266

- Talk about how changes in baby's alertness, size, & activity level affect his care routines. p307
- Ask how the family keeps their baby safe while they bathe, fix dinner, or do other tasks. p308
- Check on baby's sleep patterns & make sure she sleeps in a safe place. p308

- Follow up on previous discussions about baby's changing sleep patterns. p342

- Follow up on baby's sleep patterns. p378

- Talk about safety when using slings & frontpacks, & when shopping with the baby. p227

- Ask if the baby has any health problems. p267

- Make sure the baby's 4-month checkup is scheduled & that she gets her shots. p309
- Talk about signs of teething & what to do. p310
- Explain baby bottle tooth decay & how to prevent it. p310

- Discuss the danger of using walkers, jumpers, high chairs, & playpens. p343
- Talk about how to keep the baby safe from choking. p344

- Make sure the baby gets her 6-month checkup & shots. p379
- As their baby begins to be more active, help the family prevent accidents by making their home safe. p380





Overview of Topics

Baby's Development

Topics	Week 1	Week 2	Week 3	Week 4
Developmental Skills	<ul style="list-style-type: none"> • Help the family learn about taking care of their premature or low birth weight baby. p59 	<ul style="list-style-type: none"> • Help the family as they cope with having a child who has developmental disabilities or special needs. p100 • Talk with the family about how infants learn through everyday routines. p101 	<ul style="list-style-type: none"> • Explain how infants use their senses to learn about their world. p142 • Talk with the family about their baby's first smiles. p143 • Help the parents understand how they can influence their baby's brain development. p144 	<ul style="list-style-type: none"> • Talk with the parents about the typical sequence of motor development. p185 • Talk about how each baby develops at a different rate & what to expect their baby will be able to do this month. p186 • Introduce <i>LearningGames</i> or other developmental activities. p187
Emerging Language & Literacy		<ul style="list-style-type: none"> • Talk with the family about how to understand what their baby's different cries mean. p102 • Talk with the family about how babies recognize their parents' voices. p103 	<ul style="list-style-type: none"> • Help the family understand why it's important to talk with their baby. p145 	<ul style="list-style-type: none"> • Explain why it is important to talk, read, & sing with their baby. p188 • Talk with the family about the myth that hearing classical music will make a baby smart. p189
Infant Mental Health	<ul style="list-style-type: none"> • Talk about ways to bond if baby stays in the hospital. p61 	<ul style="list-style-type: none"> • Talk about all the ways parents can bond with their baby. p104 	<ul style="list-style-type: none"> • Help parents read baby's cues & anticipate his needs before baby gets fussy. p146 	<ul style="list-style-type: none"> • Observe for any problems with bonding & attachment. p190 • Help parents understand how meeting their baby's basic needs supports a developing attachment. p191 • Explain how to support baby's transition from the security of the womb to the outside world. p192 • Help parents understand baby's disengagement cues. p193
Guidance		<ul style="list-style-type: none"> • Help family discover how baby likes to be comforted. p106 • Talk with Mom & family about using a pacifier. p106 • If Mom reports baby is especially fussy & difficult to soothe, help her check for possible causes. p107 • Help Mom & Dad/partner have a plan for handling frustration with baby's crying. p108 	<ul style="list-style-type: none"> • If Mom reports that her partner is bothered by baby's crying, offer to talk with him about it. p148 • Follow up on previous discussions about the challenge of caring for a fussy/difficult baby. Explain the signs of colic. p149 	<ul style="list-style-type: none"> • Provide ongoing support for a family who has a fussy/colicky baby. p194
Play & Learning				



Month 2

- Talk about how babies learn & what new skills baby is likely to have this month. p228
- Complete the 2-month ASQ-3 or other developmental screen with the family. Follow up about any concerns. p229
- Ask about last month's activities & introduce new LearningGames or other developmental activities appropriate for a 2-month old. p230

- Help the family understand the value of turn taking when talking with their baby. p231
- Talk with the parents about how their baby is able to imitate sounds & facial expressions. p231
- Explain the concept of parentese & why it is important. p232

- Explain how attachments are formed & strengthened. p233
- Talk about importance of touch. p234
- Explain the importance of performing baby's daily routines with respect & tender loving care. p235
- If family members think the baby is being spoiled, help them understand the importance of holding & comforting him. p236

- Ask Mom how her fussy/colicky baby responded to the soothing strategies she selected at your last visit & continue to monitor how Mom is coping. p237

- Suggest specific ways to give baby a sensory-rich environment & help him learn. p238

Month 3

- Explain what new skills baby might learn this month & how parents can support their baby's development. p268
- Ask about last month's activities & introduce new LearningGames or other developmental activities appropriate for a 3-month-old. p270

- Follow up with parents about the importance of shared reading & what books are best. p271
- Explain typical sequence of language development in the first few months. p271
- Encourage parents to use language to teach their baby what to expect next. p272

- Explain how to nurture baby's developing self-concept. p273
- Explain how baby imitates & looks to parents for emotional cues. p274
- Acknowledge Mom's growing skill in reading baby's cues & responding effectively. p275

- If family members seem concerned about spoiling the baby, help them understand the importance of holding & comforting him. p276

- Help the family notice how baby reacts to different levels of stimulation & make recommendations about how to play with her. p277
- Talk about how expected changes in baby's skills bring new opportunities to help him learn & play. p278

Month 4

- Describe new skills the baby will likely learn this month. p311
- Complete the 4-month ASQ-3 or other developmental screen with the family. Follow up about any concerns. p312
- Ask about last month's activities & introduce new LearningGames or other developmental activities appropriate for a 4-month old. p313

- Explain to parents why it's best that baby not watch TV. p314
- Encourage parents to sing songs with baby that include finger & hand motions. p314

- Explain that separation is hard for babies & discuss how to ease transitions especially if dealing with shared custody. p315
- Notice any signs of problems with parent-child attachment. p316

- Encourage the family to try new activities with the baby to help him play & learn. p317
- Caution the family about the danger of injuring their baby during playtime. p318

Month 5

- Explain what new skills baby will probably learn this month. p344
- Ask about last month's activities & introduce new LearningGames or other developmental activities appropriate for a 5-month-old. p345

- Talk with parents about the importance of having two-sided conversations with their baby. p346
- Discuss issues related to dual language learning. p347
- Explain typical book handling behaviors for this age. p348

- Explain how having a parent nearby provides a "secure base" for baby. p349
- Ask about baby's temperament & goodness of fit with parent's temperament. p350

- Teach how to choose good, safe toys for the baby & how to clean them. p351
- Suggest additional activities for playing & learning. p352

Month 6

- Explain what new skills baby is likely to learn this month. p381
- Encourage the family to give their baby opportunities to practice new skills. p382
- Complete the 6-month ASQ-3 & ASQ:SE or other developmental screen. Follow up about concerns. p383
- Ask about last month's activities. Introduce new LearningGames or other developmental activities appropriate for a 6-month old. p384

- Help Mom & family understand the value of talking with their baby. p385
- Talk with the parents about how to share books with their baby. p386

- Prepare parents for separation anxiety & explain ways to support baby's need for reassurance. p387
- Explain importance of baby having the same caregiver over time. p388

- Show Mom & other family members how to find safe things around the house for baby to play with & learn from. p389
- Suggest additional playful activities to help baby play & learn. p390

