

## Parenting Your Baby (PYB) – 6 months

Parenting and caring for your baby can be both enjoyable and challenging.

Thinking about your caregiving practices in the last month:

1. Fill in the circle that best describes how often you were able to do the following items on a scale from 1 to 7.
2. For each item, rate whether or not this was a problem for you during the past month.
3. For each area of parenting, please fill in the circle that tells us if you would like to change, on a scale from 1 to 7.

## 1. SUPPORTING AND ENJOYING YOUR BABY:

***Think about parenting your baby in the past month. Were you able to...***

	Not at all		Sometimes		Most of the time			Was this a problem for you?
a. Play with your child in a way that was fun for him/her? (games like peek a boo)	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>	<input type="radio"/> Yes <input type="radio"/> No
b. Feel confident in reading your child's cues? (being hungry, tired, or needing attention)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Yes <input type="radio"/> No
c. Respond right away when your baby cries or fusses?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Yes <input type="radio"/> No
d. See a connection between responding to your baby quickly and your baby calming down?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Yes <input type="radio"/> No
e. Hold and cuddle with your baby?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Yes <input type="radio"/> No
f. Talk and sing with your baby?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Yes <input type="radio"/> No
g. Soothe your baby when s/he is upset?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Yes <input type="radio"/> No
h. Enjoy spending time with your baby?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Yes <input type="radio"/> No

*Thinking about the items above, would you like to do things differently in this area of parenting?*

[illegible]

**Think about parenting your child in the past month.  
Were you able to...**

<i>Thinking about the items above, would you like to do things differently in this area of parenting?</i>	<b>Really want to change</b>		<b>Some changes needed</b>			<b>Fine as is</b>
	1      2	3	4      5	6	7	
	○      ○	○	○      ○	○	○	