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...

	r	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	1	2	3	4	5	6	7		
	him/her? (games like peek a boo)	0	0	0	0	0	0	0	o Yes	o No
b.	Feel confident in reading your child's cues?									
	(being hungry, tired, or needing attention)	0	0	0	0	0	0	0	o Yes	o No
c.	Respond right away when your baby cries or fusses?	0	0	0	0	0	0	0	o Yes	o No
d.	See a connection between responding to your baby									
	quickly and your baby calming down?	0	0	0	0	0	0	0	o Yes	o No
e.	Hold and cuddle with your baby?	0	0	0	0	0	0	0	o Yes	o No
f.	Talk and sing with your baby?	0	0	0	0	0	0	0	o Yes	o No
g.	Soothe your baby when s/he is upset?	0	0	0	0	0	0	0	o Yes	o No
h.	Enjoy spending time with your baby?	0	0	0	0	0	0	0	o Yes	o No
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Thinking about the items above, would you like to do things differently in this area of parenting?	Really want to change		Some changes needed				Fine as is		
	1	2	3	4	5	6	7		
	0	0	0	0	0	0	0		

Planning Ahead with Your Baby:

Think about parenting your child <u>in the past month</u>. Were you able to...

	•	Not at	Not at all Sometimes			Most of	the time	Was this a problem for you?		
a.	Keep your baby within reach or	1	2	3	4	5	6	7		
	hearing at all times (with a baby monitor)?	0	0	0	0	0	0	0	o Yes	o No
b.	Be aware of your baby at all times, even when talking with other adults, or engaging in other activities?	0	0	0	0	0	0	0	o Yes	o No
C.	Set up a play area and activities that interest your baby? (for example, having colorful toys or rattles)	0	0	0	0	0	0	0	o Yes	o No
d.	Create a safe place for him/her to play?	0	0	0	0	0	0	0	o Yes	o No
e.	Distract your baby when s/he was about to get upset?	0	0	0	0	0	0	0	o Yes	o No
f.	Anticinate your haby's needs? (sense when									
1.	Anticipate your baby's needs? (sense when s/he is about to cry/be upset or hungry)	0	0	0	0	0	0	0	o Yes	o No
g.	Know how to get your baby to smile or laugh?	0	0	0	0	0	0	0	o Yes	o No
h.	Give your baby opportunities to try and explore new things? (new foods, new people, reaching for safe objects)	0	0	0	0	0	0	0	o Yes	o No

Thinking about the items above, would you like to	Really w	Some changes			Fine as is			
do things differently in this area of parenting?	enting? to change		needed					
	1	2	3	4	5	6	7	
	0	0	0	0	0	0	0	