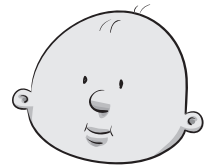




HOME VISIT CHECKLIST

Topic One



Topic: Introduction, Goals, & Getting to Know Your Baby

Vignettes: Part 1: 1–13

DATE(S): _____

PARENT NAME(S): _____

COACH NAME: _____

VIGNETTES COVERED: Part 1:

Intro* 1A* 1B* 2 3 4 5* 6 7 8* 9 10* 11 12*
 13* 14*

Summary*

(Circle vignettes shown.) (* = recommended vignette)

DID I

YES

NO

- | | | |
|--|--|---|
| <ol style="list-style-type: none"> 1. Develop a positive connection with parents and other family members? 2. Asked about parents' concerns and goals (hopes, dreams, difficulties & worries)? 3. Explained IY baby program philosophy? (Refer also to baby brain development handout) 4. Talked about home visit schedule and plan? 5. Brainstorm benefits of communicating with babies? 6. Explored parents' feelings regarding crying? 7. Explored the importance of getting rest and support? (Evaluated level of support?) 8. Discussed baby's likes/dislikes? 9. Practiced with baby observing how s/he responds to parents' voices, actions and/or objects? 10. Discussed baby's feeding & burping, sleep patterns, bowel movements, skin, fontanel (soft spots), and activity needs (<i>circle those covered</i>)? 11. Reviewed safety alerts/crib & car safety/when & how baby sleeps? 12. Explain importance of home activities for week (typical day and journal discoveries, refrigerator notes, "things I can do" handout, reading)? 13. Plan with parent the week's home activity, priorities, and goals (self-monitoring checklist)? | <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> |
|--|--|---|

Xerox*:

**Most handouts can be found in BOTH the Self Administered Manual and the “Incredible Babies” book. Page numbers for parents using the book are included (coach does not need to make photo copies if parent is using this book).*

Home Activities for the Week – Getting to Know Your Baby (find in Self Admin. Manual)

Create a Baby Journal (pg. 41)

“Things I can Do” developmental milestones (pg. 46-48)

A Typical Day handout (pg.42-45)

Refrigerator Notes about Getting to Know Your Baby (pg. 38)

Refrigerator Notes about Taking Care of Yourself (pg. 39)

Refrigerator Notes about Coping With Crying (pg. 40)

Baby Brain Development Handout (in this manual)

Parents Thinking Like Scientists (in this manual)

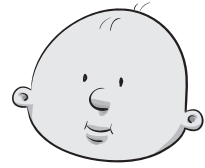
Self-Evaluation

“Gems” of Session—Reminder of things to pursue next session



HOME VISIT CHECKLIST

Topic Two



Topic: Babies as Intelligent Learners (3–6 months)

Vignettes: Part 2: 1–11

DATE(S): _____

PARENT NAME(S): _____

COACH NAME: _____

VIGNETTES COVERED: Part 2:

1* 2* 3* 4 5* 6 7* 8 9* 10 11

(Circle vignettes shown.) (* = recommended vignette)

DID I

YES

NO

- | | | |
|--|-------|-------|
| 1. Review experiences since last visit and home activities (speaking parent-ese, singing, reading to baby, support system)? | _____ | _____ |
| 2. Review parents' completion of "Things I Can Do" checklist, typical day handout, and safety alerts? | _____ | _____ |
| 3. Review parents' responses to baby's crying and fussing? | _____ | _____ |
| 4. Teach the modeling and/or mirroring principle? | _____ | _____ |
| 5. Discuss where parents put baby to easily talk to him/her? | _____ | _____ |
| 6. Help parents practice speaking "parent-ese" with their baby? | _____ | _____ |
| 7. Model & practice singing songs and rhymes to baby? | _____ | _____ |
| 8. Review objects and actions parents can describe for their baby and places/times they can do this (breakfast, diaper changing, in car or stroller, while doing household chores etc.)? | _____ | _____ |
| 9. Explain home activities? | _____ | _____ |
| 9. Assign this week's home activities and set goals (self-monitoring checklist)? | _____ | _____ |

Xerox*:

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- Self Monitoring Checklist (See Self Admin. Manual)
- Home Activities of Week: Speaking "Parent-ese" (See Self Admin. Manual)
- Social and Emotional Developmental Milestones (1–6 months) (pg. 69-70)
- Physical Developmental Milestones (1–6 months) (pg. 71)
- "Things I Can Do" developmental milestones (pg. 46-48 & 103-105)
- Refrigerator Notes: Encouraging You Baby's Language Development (pg. 66-67)
- Refrigerator Notes: Speaking "Parent-ese" (pg. 68)

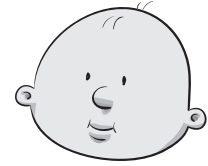
Self-Evaluation:

"Gems" of Session—Reminder of things to pursue next session



HOME VISIT CHECKLIST

Topic Three



Topic: Providing Physical, Tactile, and Visual Stimulation

Vignettes: Part 3: 1–16

DATE(S): _____

PARENT NAME(S): _____

COACH NAME: _____

VIGNETTES COVERED: Part 3:

1* 2* 3* 4* 5* 6* 7 8 9* 10* 11* 12* 13
14 15* 16

(Circle vignettes shown.) (* = recommended vignette)

DID I	YES	NO
1. Review experiences since last visit and home activities (speaking parent-ese, singing, reading to baby, support system)?	_____	_____
2. Review safety alerts and baby proofing efforts (car seat, not using walkers, no bottle in bed)?	_____	_____
3. Discuss physical, tactile and visual stimulation provided for baby and its importance for baby’s brain development?	_____	_____
4. Review’s baby’s developmental changes? (“Things I can Do” checklist.)	_____	_____
5. Practice baby exercises and/or massage?	_____	_____
6. Practice peek-a-boo games & sitting baby to explore?	_____	_____
7. Review ways to keep baby safe during bath time? (Checking water temperature?)	_____	_____
8. Explain home activities?	_____	_____
9. Discuss parents’ support network?	_____	_____
10. Assign home activities for the week and set goals? (Self-Monitoring Checklist?)	_____	_____

Xerox*:

**Most handouts can be found in BOTH the Self Administered Manual and the “Incredible Babies” book. Page numbers for parents using the book are included (coach does not need to make photo copies if parent is using this book).*

Home Activities for Week: Physical, Tactile and Visual Stimulation (Self Admin. Manual)

Baby Alert (pg. 87)

Refrigerator Notes: Reading With Your Baby (pg. 98-99)

Refrigerator Notes: Providing Physical, Tactile and Visual Stimulation to Encourage Baby’s Brain Development (pg. 96-97)

Refrigerator Notes: Keeping Your Baby Safe During Baths (pg. 100-101)

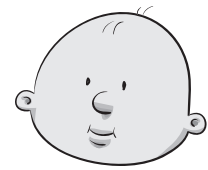
Self-Evaluation:

“Gems” of Session—Reminder of things to pursue next session



HOME VISIT CHECKLIST

Topic Four



Topic: Parents Learning to Read Babies' Minds

Vignettes: Part 4: 1-7

DATE(S): _____

PARENT NAME(S): _____

COACH NAME: _____

VIGNETTES COVERED: Part 4:

1 2 3 4 5* 6* 7*

(Circle vignettes shown.) (* = recommended vignette)

DID I

YES

NO

- | | | |
|---|-------|-------|
| 1. Review experiences since last visit and home activities (speaking parent-ese, singing, reading to baby, support system)? | _____ | _____ |
| 2. Practice play activity with baby? | _____ | _____ |
| 3. Discuss strategies to help baby calm down and self-soothe? | _____ | _____ |
| 4. Brainstorm strategies for parents to use to stay calm when baby won't calm down? | _____ | _____ |
| 5. Practice calming baby if (s)he is fussy during visit? | _____ | _____ |
| 6. Discuss & practice predictable routine for putting baby to bed? | _____ | _____ |
| 7. Review safety of crib and sleeping arrangement? | _____ | _____ |
| 8. Explain home activities for the week and set goals? (Self Monitoring Checklist?) | _____ | _____ |

Xerox*:

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- Home Activities for the Week – Parents Read Babies Minds (Self Admin. Manual)
- Typical Day handout (pg. 139-141)
- Bedtime Routine handout (pg. 136)
- Refrigerator Notes: Tips to Establishing Your Baby's Healthy Sleep Habits (pg. 132-133)
- Refrigerator Notes: Helping My Baby Feel Loved, Safe, and Secure (pg. 131)
- Refrigerator Notes: Goodness of fit - Managing Your Child's Temperament (pg. 134-135)
- Brainstorm/Buzz: Do Something Special for Yourself (self admin. manual only)
- Temperament Questionnaires for Baby and for Parent (pg. 142-145)

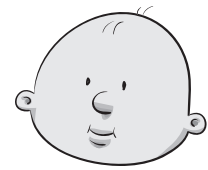
Self-Evaluation

"Gems" of Session—Reminder of things to pursue next session



HOME VISIT CHECKLIST

Topic Five



Topic: Gaining Support

Vignettes: Part 5: 1–5

DATE(S):

PARENT NAME(S): _____

COACH NAME: _____

VIGNETTES COVERED: Part 5

1* 2 3 4* 5* Summary Narration*

(Circle vignettes shown.) (* = recommended vignette)

DID I	YES	NO
1. Review experiences since last visit and home activities (speaking parent-ese, singing, ready to baby, support system)?	_____	_____
2. Discuss and record with parents their baby's likes and dislikes and ways to be comforted?	_____	_____
3. Discuss ways to get support?	_____	_____
4. Discuss importance of keeping family members and friends informed of baby's development and needs?	_____	_____
5. Practice playing with baby using strategies covered in earlier sessions (baby games, exercises, speaking parent-ese)?	_____	_____
6. Review baby-proofing checklist?	_____	_____
7. Review this week's home assignment?	_____	_____

Xerox*:

**Most handouts can be found in BOTH the Self Administered Manual and the "Incredible Babies" book. Page numbers for parents using the book are included (coach does not need to make photo copies if parent is using this book).*

- Home Activities for the Week–Gaining Support (Self Admin. Manual)
- Baby-proofing Safety checklist (pg. 167-169 & 209-211)
- "Things I can Do" checklist (pg. 207-208)

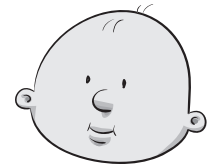
Self-Evaluation:

"Gems" of Session–Reminder of things to pursue next session



HOME VISIT CHECKLIST

TOPIC SIX



Topic: Babies' Emerging Sense of Self (6–12 months)

Vignettes: Part 6: 1–16

PARENT NAME(S): _____ DATE(S): _____

COACH NAME: _____

VIGNETTES COVERED: Part 6

1* 2* 3* 4 5 6 7 8 9 10* 11 12 13*
 14* 15* Summary*

(Circle vignettes shown.) (* = recommended vignette)

DID I	YES	NO
1. Review experiences since last visit and home activities (speaking parent-ese, singing, reading to baby, support system)?	_____	_____
2. Discuss principles of feeding babies' first solid foods?	_____	_____
3. Practice feeding baby in baby-directed ways?	_____	_____
4. Review developmental changes and beginning independence (see handout: 6–12 months)?	_____	_____
5. Talk about use of hand signals with communication?	_____	_____
6. Brainstorm baby games for this age group?	_____	_____
7. Practice object or person permanence game?	_____	_____
8. Review toddler safety proofing checklist?	_____	_____
9. Talk about parents' plans for weaning & going back to work?	_____	_____
10. Celebrate parents' success with the program?	_____	_____

Xerox*:

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- Home Activities for the Week–Emerging Sense of Self (Self admin. manual)
- Refrigerator Notes: Social and Emotional Development Milestones (6-12 months) (pg. 203)
- Refrigerator Notes: Physical Development Milestones (6-12 months) (pg. 204)
- Refrigerator Notes: Feeding Babies (self admin manual only)
- Refrigerator Notes: Introducing Solids Foods (2) (pg. 200-202)
- Refrigerator Notes: Deciding about Weaning your Child (pg. 181)
- Refrigerator Notes: Tips to Weaning (pg. 183)
- Refrigerator Notes: Weaning Toddlers (Self admin. manual only)
- Things I can Do Checklist (9-12 months) (pg. 209-211)
- Toddler Safety Checklist (Self admin. manual only)