



Incredible Years Buzz!



Incredible Babies: Coaching Summary

I can read
my baby's
mind



www.incredibleyears.com

Summary of Session

What we've accomplished!

Parent Goals Addressed

Getting to Know Your Baby

Developing a Support Team

Attending to Self-Care & Getting Enough Rest

Calming Babies & Coping with Crying

Baby-Led Feeding

Baby Sleep Routine

Speaking "Parent-ese" & Singing

"Things I Can Do" Handout Review

Physical, Tactile & Visual Stimulation

Reading to Baby

Baby Massage & Exercise

Reciprocal Play Interactions

Temperament Questionnaire

Baby-Proofing Safety

First Foods

Principles

Goals and Activities

The
**Incredible
Years**

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