

Table 1: Content and Objectives of the Incredible Years® Parents and Babies Program

Content	Objectives	Content	Objectives
Babies Program: 0—12 Months			
Part 1: Getting to Know Your Baby (0—3 months)	<ul style="list-style-type: none"> • Learning how to observe and read babies’ cues and signals • Understanding how to cope with babies’ crying and fussy periods • Learning about feeding and burping • Understanding the importance of communication with babies • Learning about babies’ fevers and recognizing when to call the doctor • Providing babies with visual, auditory and physical stimulation • Learning about soft spots, baby acne, sleep habits, spitting, normal bowel movements and diapering • Learning how to baby-proof a home • Learning about babies’ developmental milestones in the first 3 months • Understanding the importance of getting rest and support and shifting priorities 	Part 2: Babies as Intelligent Learners (3—6 months)	<ul style="list-style-type: none"> • Understanding “observational learning” or, mirroring and how babies learn • Learning about how to talk “parent-ese” to babies • Learning songs to sing to babies • Understanding the importance of parental communication for babies’ brain development • Understanding normal developmental landmarks ages 3-6 months • Learning ways to keep babies safe
Part 3: Providing Physical, Tactile and Visual Stimulation	<ul style="list-style-type: none"> • Learning about ways to provide physical and tactile stimulation for babies’ and its importance for brain development • Understanding the importance of visual and auditory stimulation • Modulating the amount of stimulation babies receive • Understanding the importance of reading to babies • Providing opportunities for babies to explore safely • Involving siblings and other family members in baby play times • Learning games to play with babies • Learning to keep babies safe during bath times and other activities 	Part 4: Parents Learning to Read Babies’ Minds	<ul style="list-style-type: none"> • Learning how to read babies’ cues and developmental needs • Understanding how to respond to babies’ crying and fussy periods • Strategies to set up predictable routines and bedtime rituals • Learning how to help babies feel secure and loved • Understanding how babies can be over or under stimulated • Learning strategies to help babies’ calm down • Knowing how to get support • Being aware of baby’s temperament and working to achieve a good temperament fit

Table 1 Continued: Content and Objectives of the Incredible Years® Parents and Babies Program

Content	Objectives	Content	Objectives
Babies Program: 0—12 Months			
Part 5: Gaining Support	<ul style="list-style-type: none"> • Understanding the importance of finding time for oneself to renew energy for parenting • Understanding the importance of involving other family members and friends in baby's life • Learning how to get support from others • Knowing how to inform other infant care providers or baby sitters of baby's needs and interests • Knowing how to baby-proof house and review checklist • Learning developmental infant landmarks (6-12 months) 	Part 6: Babies Emerging Sense of Self (6—12 months)	<ul style="list-style-type: none"> • Understanding how babies learn - "observational learning" and modeling • Learning how to provide predictable routines or schedules for babies • Learning how to introduce solid foods in child-directed ways • Learning about successful ways to wean babies when the time is right • Knowing how to allow for babies' exploration and discovery • Knowing how to talk to babies in ways that enhance language development • Understanding how to make enjoyment of baby a priority • Learning about visual and nonverbal communication signals • Understanding about babies' development of object and person permanence • Understanding how to baby-proof a home and completion of checklist