HOME VISIT CHECKLIST

Topic One

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


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)

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DATE(S): _________________________  _________________________
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

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

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)?

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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

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)

DATE(S):

DID I YES NO

1. Review experiences since last visit and home activities (speaking parent-ease, 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?)

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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: Parents Learning to Read Babies’ Minds

Vignettes: Part 4: 1-7

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?)
   ____  ____

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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? _______ _______

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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)