

BASIC PARENTING FOR YOUR INFANT

| Appropriate Baby Care | Inappropriate Baby Care |
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| I use many one-on-one, face to face interactions with baby. I talk in a pleasant, soothing voice, use simple language and frequent eye contact. | I leave my baby for long periods in his crib or playpen without attention. I talk harshly, shout or use baby talk. |
| I hold and carry my baby, providing him with a wide variety of experiences. I talk before, during and after moving my baby around. | My baby is moved about at my convenience without much talking. Nothing is explained to my baby. |
| I am especially attentive to my baby during routines such as diaper changing, feeding, changing clothes. | Routines are done swiftly without involving my baby. Little or no warm interactions take place. |
| I am gentle & supportive, I listen and respond to sounds my baby makes and understand this as communication. | I am rough, harsh or ignore my baby's responses. |
| I respond quickly to baby's cries. I know crying and body movements are her way of communicating. | Crying is ignored or responded to irregularly at my convenience, it's treated as a nuisance. I don't want to spoil baby. |
| I play with my baby. | We don't have time to play. |
| I talk & sing to my baby. | My baby should entertain himself/herself. |
| I consistently respond to my baby's needs for food and comfort and know this is how she develops trust in me. She will find the world a secure place to be. | I am unresponsive and act as if baby is a bother. I will feed her or change her when I am ready. |
| My baby's room is clean & cheerful. | My baby's room is cold, dingy and dark. It needs cleaned. |
| My baby gets fresh outdoor air daily. | My baby is confined to a crib most of the day. Time outdoors is too much of a bother. |
| Toys are safe, easy for baby to grasp, chew and manipulate. | Toys are too large to handle or are unsafe for chewing. |
| I keep my baby's immunizations up-to-date. | I can't remember if my baby's shots are up-to-date. |
| My baby's home is safe. Electrical outlets are covered & I have removed hazardous things from his reach. | There is not much room for baby to stretch out and play. |

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| I dress my baby appropriately for the weather. | My baby's clothing is too confining. He's often over or underdressed. |
| I am aware of the symptoms of illness, allergies and poisoning. | I do not know babies well enough to detect unusual behavior or signs of illness. |
| I leave my baby only with people I know well. | Anybody can take care of my baby, as long as I can get out. |
| I play nice music for my baby. | Music is usually loud and distracting. |
| Diapering, sleeping, feeding and play areas are separate to ensure sanitation and provide quiet, restful areas. | Areas are combined and very noisy, but my baby will get used to it. |
| I praise my baby for small accomplishments and help her feel competent. | Baby is criticized for what he cannot do or for being clumsy. |
| My baby has a clean, safe place on the floor to practice rolling over and crawling. | My baby is frequently told "NO" to hazards that should be removed. Things are scattered all over the floor. |
| My baby is always held with her body at an angle when being fed from a bottle or the breast. | Bottles are propped up for my baby. Baby drinks lying down. Feeding time is not an important time for us. |
| My home is a calm, happy place to raise children. | My baby lives in a home that is stressful & frightening. |