

Beginnings Guides Reflective Questions

Parents Booklet #1 • 2 to 12 weeks

This is not a test. These questions help you think about what you know and what you are learning about being a mother. You are the expert.

1. Look at pages 6–9 *Watch your baby's talk.*

The signals my baby gives me to show me what he needs are:

My baby tells me he is hungry by _____

My baby tells me he is ready to sleep by _____

My baby tells me he is wide awake by _____

2. Now look at page 10 *Is he asleep?*

I can tell my baby is in deep sleep by _____

3. Look at page 14 *Crying signals and soothers*

When my baby cries, some things I do to comfort him are _____

When nothing works to comfort my baby, someone I can call for help is

It's not homework. It's heartwork.

4. Now read page 15 *Take care of yourself*

Being a good mother is something you learn. No one just knows.
Some things I have learned to do to take care of my baby are

Things I am still not sure of are _____

Things I have learned to do to take care of myself are

What I like best about being a mother is _____

Beginnings Guides Reflective Questions

Parents Booklet #2 • 4 to 7 months

This is not a test. These questions help you think about what you know and what you are learning about being a mother. You are the expert.

1. Look at the front cover and page 38 ***Teaching your baby***

Now my baby is learning to control her body. Some ways I help her learn to use her body are

Some ways I help her learn to move are

Some ways I help her learn to use his hands are

Things I have done to show my baby how to explore and learn about the

world are _____

2. Now go to pages 40–41 ***Discipline for a crawler***

My baby does not understand *No!* Some ways I distract her from trouble are

Some ways my baby tries to get my attention are

I respond to her by _____

3. Look at page 42 ***Take care of yourself***

I love my baby. And sometimes she drives me crazy. To take care of

myself and not hurt her, I _____

It's not homework. It's heartwork.

4. Now look at pages 48–49 *Home Safety*

Now my baby is crawling. She wants to learn about everything. My baby needs me to make where we live safe for her to explore.

Some ways I have already made it safer for her are _____

To keep one step ahead of my baby as she learns to move, the next thing I need to do is

Beginnings Guides Reflective Questions

Parents Booklet #3 • 8 to 12 months

This is not a test. These questions help you think about what you know and what you are learning about being a mother. You are the expert.

1. Look at the cover and page 62 ***Teaching and learning to talk***

I teach my baby to talk by talking to him.

Some signs that my baby understands me when I talk to him are

When he understands I _____

When he does not understand I _____

2. Now go to page 64 ***Play games to jump start his memory***

My baby is learning all the time.

Some signs that my baby notices and remembers things are

3. Read page 66 ***Teaching and learning about emotions***

My baby has strong feelings now. He notices my feelings, too.

I know my baby notices when I'm happy by the way he _____

I can tell my baby knows I'm angry because he _____

When I am scared, my baby _____

To calm my baby when I'm upset I _____

It's not homework. It's heartwork.

4. Go to pages 68–69 **Home Safety**

Now that my baby is walking, some things I have done to make where we live safe for him are

The next thing I need to do is _____

5. Now look at page 70 **Baby gear safety**

My baby rides in the car seat any time we are in the car. I know my baby should face the back of the car until

Some ways I keep my baby happy in his car seat are = **Tried it**

I feed him before we go Snacks Toys Pacifier

Talk about what I see Sing songs Tell stories

6. Go to page 72 **Help your baby go to sleep**

Sometimes my baby has a hard time getting to sleep. Some things I do that help him get to sleep are

My baby's bedtime is _____.

Our bedtime routine is

1. _____

2. _____

3. _____

4. _____

It's not homework. It's heartwork.

7. Next go to page 73 ***Work and family***

I cannot be with my baby all the time. A person or place I can trust to take care of him is

When I leave him I feel _____

What's good about it is _____

I worry about _____

Some things I have taught my child's caregivers about him and how to take care of him are

The next thing I need to teach them is _____

8. Now go to page 75 ***How to find time for yourself***

I have too much to do most of the time. Some of the things I'm doing are

Some ways I make time for myself are _____

Beginnings Guides Reflective Questions

Parents Booklet #4 • 12 to 15 months

This is not a test. These questions help you think about what you know and what you are learning about being a mother. You are the expert.

1. Look at the cover and pages 90–91. ***Teaching your toddler***

My baby is ready to learn to be in a bigger world. Some places I have taken my baby are

One thing she noticed when we were out is _____

Something I told her about is _____

The place I would like to take her next is _____

2. Now go to page 93 ***Read with your toddler***

Places I get books for my baby are

Our favorite reading time is _____

My baby's favorite book is _____

She points to _____ and _____

Other ways I teach my baby about reading are

It's not homework. It's heartwork.

3. Now look at page 99 *Your toddler fears being left behind*

When I leave my baby, to her it feels like I am gone forever.
Some things I do to help my child learn that I always come back are

Our good-bye routine is

1. _____
2. _____
3. _____
4. _____

Some things I do to make it easier for my child to move from one activity

to the next are _____

4. Go to pages 100–101 *Your toddler can wear out her ability to bounce back*

Sometimes things happen in families that are hard on a baby. Some things that

might be hard for my baby are _____

I can tell when something is hard on my baby because she _____

I can comfort her by _____

It's not homework. It's heartwork.

4. Now look at pages 102–103 *Are you and your child safe at home?*

Sometimes things happen in families that are hard on mothers.

Some things that have been hard on me are _____

Sometimes things happen in families that are hard for everyone. These things sometimes lead to violence or child abuse.

To me, *family violence* means _____

To me, *child abuse* means _____

If I ever worry about family violence or child abuse in my family, I will

5. Look at pages 106–108 *Discipline for your 1-year-old*

My baby is too young to control himself. I help her learn self-control and how to act

by _____

The way my family disciplined me was _____

The way I felt when that happened was _____

A better way might have been _____

When my 1-year-old acts “bad”, what works best is

It's not homework. It's heartwork.

Other things I can try are _____

6. Read over pages 113–116 *First aid for toddlers*

There are lots of ways for a toddler to get hurt.

Some things that have happened to my child are _____

What I did to keep that from happening again is _____

The next thing I need to do to keep my child from getting hurt is

Beginnings Guides Reflective Questions

Parents Booklet #5 • 16 to 18 months

This is not a test. These questions help you think about what you know and what you are learning about being a mother. You are the expert.

1. Start with page 118–120 ***Teaching and learning with your toddler***

My child is starting to enjoy things that will help him learn to write.

Some ways that I am teaching him about paper and writing are

His favorite color is _____

His favorite sound is _____

His favorite food is _____

His favorite book is _____

His favorite toy is _____

His favorite time with me is _____

2. Look at page 121 ***Raising a reader***

Some ways I make reading fun for my child and me are

One thing he learned this week from reading is _____

I tied an idea or picture in a story to things my child sees around him by

A new word he used this month is _____

He learned that word from _____

It's not homework. It's heartwork.

3. Go to page 122 *Discipline for your 18-month-old*

Discipline means teaching.

Last week I praised my child for _____

I said _____

His response was _____

Last week I disciplined my child for _____

I said _____

His response was _____

What I wanted to teach him was _____

I know he learned that – or not – because _____

Next time I will say _____

4. Now go to pages 124–125 *Tantrums are normal*

Some things that set off my child's tantrums are _____

I can keep him from having a tantrum by _____

When he has a tantrum I _____

To stay calm when he's having a tantrum I _____

Others in my household respond by _____

It's not homework. It's heartwork.

What I want them to do is _____

The way I help my child see that tantrums do not work is _____

I help him learn to be "good" by _____

When I cannot have what I want I _____

Something that works better to get what I need is _____

I can help my child learn to ask for what he needs by _____

Beginnings Guides Reflective Questions

Parents Booklet #6 • 18 to 24 months

This is not a test. These questions help you think about what you know and what you are learning about being a mother. You are the expert.

1. Look at page 139 ***Talking practice***

My child understands more words than he uses.

I help her learn to use words for things by _____

I help her learn to use words for feelings by _____

I help her learn to use words for actions by _____

I help her learn to use words for people by _____

2. Turn to pages 146–147 ***Keeping your toddler safe***

My child does not know danger. I help my child learn to stay safe

in the yard by _____

in the driveway by _____

in the street and parking lots by _____

playing with toys by _____

around animals by _____

around people by _____

It's not homework. It's heartwork.

3. Now go to pages 148–150 ***Getting your toddler to sleep***

Living in a crowded household can make it hard for a child to get to sleep.
A bedtime routine helps my child feel safe and relaxed.

My child's bedtime is _____. Our bedtime routine is

1. _____

2. _____

3. _____

4. _____

If bedtime is a struggle, a person I can talk to for help is

Ways I want to change our bedtime routine are _____

4. Look at page 152 ***Take care of yourself***

Time for myself is important.

This week one thing I did for myself while my baby was asleep is

Other things I want to think through are _____

5. Now go to page 154 ***Is your toddler on track?***

Teaching my child to use words and how to be in the world gets her
ready for success in school. She shows me she is learning well by

Beginnings Guides Reflective Questions

Parents Booklet #7 • 24 to 30 months

This is not a test. These questions help you think about what you know and what you are learning about being a mother. You are the expert.

1. Look at page 161 ***Expect a flood of new words***

My child is learning new words every day.

Now his favorite words are _____

Words he strings together to make a sentence are: _____

I help my child learn by saying things the same way over and over.
Some words I use to help him learn about his feelings and how to act are

The words that work best are _____

A new word or phrase I want to try is _____

2. Look at page 161 ***Questions teach best***

Here are some questions I ask my child to help him think about

Choices _____

Consequences _____

Feelings _____

Safety _____

It's not homework. It's heartwork.

3. Now go to page 162–163 *Discipline for your toddler*

Things I say to let my child know that he is being good are

Things I say to let him know what I expect from him are

Hearing *NO!* all the time is frustrating for anyone. I look for ways to say *Yes* instead.

Instead of saying *No! You can't!* I could say _____

Choosing to spank or not to spank my child is a big decision.

To me *discipline* means _____

To me *punishment* means _____

The way I have decided to discipline my child is _____

I can think through questions about discipline and spanking with

3. Turn to page 166–167 *Take care of yourself*

Things I do for others are _____

Things I do for me are _____

What I really need now is _____

It's not homework. It's heartwork.

4. Now go to 168–170 *New baby on the way?*

Think about your education, work, relationships, travel, home, dreams.
Look ahead 2 years.

Some things I want for myself 2 years from now are _____

Some things I want for my child 2 years from now are _____

To have these dreams come true, what I need to do now is _____

If I had another baby now _____

I think I want to have another baby when _____

so that I _____

so that my child _____

so that my family _____

It will be a good time to have another baby when _____

I will know I am ready for another baby when _____

The things I am doing to keep from getting pregnant until I am ready are

Beginnings Guides Reflective Questions

Parents Booklet #8 • 30 to 36 months

This is not a test. These questions help you think about what you know and what you are learning about being a mother. You are the expert.

1. The first part of this book is all about getting your child ready for school.
Look at page 181 ***Learning about numbers***

Some ways I am teaching my child how numbers are used are [✓] =Tried it

[] Looking at clocks

[] Looking at a calendar

[] Looking at books

Some ways I am teaching my child to count are _____

I can tell my child gets the idea of 2 when she _____

2. Go to page 182 ***Preschooler learning check***

An animal my child call™ Óame is _____

Shapes she can name are _____

Colors she knows are _____

My child can follow simple directions. She can do what I ask. For example,

3. Look at page 183–187 ***Discipline for your 3-year-old***

Some things I do to control my emotions when my child acts ‘bad’ are

I tried timeout. I think it worked – or not – because _____

It's not homework. It's heartwork.

What I want her to learn from timeout is _____

I stay with my child during timeout because _____

4. Turn to page 191 *Let her help in the kitchen*

My child wants to be like me. She learns to do things for herself by watching me and “helping” me. She imitates every thing she sees me do.

Some good things I see my child do like me are _____

Some not-so-good things I see her do or say like me are _____

She also imitates _____ by _____

Some ways my child ‘helps’ me around home are _____

5. Now go to page 193 *Time for potty training*. You might want to look at page 130 in Book #5, too.

I can tell that my child is ready to start potty training since

- | | |
|--|---|
| <input checked="" type="checkbox"/> = She does it | <input type="checkbox"/> Puts toilet paper in the toilet |
| <input type="checkbox"/> Wants to flush the toilet | <input type="checkbox"/> Stops and grabs her diaper, grunts, squats |
| <input type="checkbox"/> Has a bowel movement the same time each day | <input type="checkbox"/> Wakes up from a nap with a dry diaper |
| <input type="checkbox"/> Can pull her pants down and back up | <input type="checkbox"/> Knows potty words |
| <input type="checkbox"/> Tells me she has to go | <input type="checkbox"/> Sits still for 5 minutes without help |
| <input type="checkbox"/> Wants to please me | |

It's not homework. It's heartwork.

I can tell I am ready to start potty training since

= Its true

I can spend time with her, or a caregiver can There are no big events coming up soon

I am teaching my child to use the toilet by _____

What is working well is _____

What is not working is _____

Some advice I have been given is _____

What I am going to try next is _____