

Name _____ DOB _____ Visitor _____

Beginnings Guides Reflective Questions
Parents Booklet #1 • 2 to 12 weeks

Visit # _____ Date _____ Child age _____ months

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

Purposes

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

√ comprehension

Promote attachment

My baby tells me he is hungry by _____

Recognize cues

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 _____

Think

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

Link

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

& Respond

Promote attachment

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

Identify supporters

Name _____ DOB _____ Visitor _____

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

↑ self-efficacy
Validate strengths

Things I am still not sure of are _____ Create a teachable moment

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

Validate strengths

Promote self-care

What I like best about being a mother is _____ Validate strengths

Name _____ DOB _____ Visitor _____

Beginnings Guides Reflective Questions
Parents Booklet #2 • 4 to 7 months

Visit # _____ Date _____ Child age _____ months

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

Purposes

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

✓ comprehension

Some ways I help her learn to move are _____

Apply info to self
Promote interaction

Some ways I help her learn to use his hands are _____

↑ self-efficacy

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

Validate strengths

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 _____

✓ comprehension
Prevent abuse

Some ways my baby tries to get my attention are _____

Promote attachment

I respond to her by _____

Think, Link

& Respond

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

Promote self-care
Prevent abuse

I love my baby. And sometimes she drives me crazy. To take care of
myself and not hurt her, I _____

Validate experience
Think, Link & Respond

Name _____ DOB _____ Visitor _____

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.

Think

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

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

& Respond

Beginnings Guides Reflective Questions
Parents Booklet #3 • 8 to 12 months

Visit # _____ Date _____ Child age _____ months

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

Promote interactions

I teach my baby to talk by talking to him.

Think

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

Link

When he understands I _____

& Respond

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.

Promote interactions

Some signs that my baby notices and remembers things are

√ comprehension

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

↑ observation skill

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

Think

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

Link

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

Baby thinks, links & responds too!

Link

When I am scared, my baby _____

Link

To calm my baby when I'm upset I _____

& Respond

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

Create a teachable moment

Validate strengths

Think, Link

The next thing I need to do is _____

& Respond

Name _____ DOB _____ Visitor _____

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 _____ √ comprehension

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

I feed him before we go Snacks Toys Pacifier Set stage for responsive teaching

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 _____ ↑ self-efficacy

My baby's bedtime is _____. Our bedtime routine is _____ Create a teachable moment

1. _____ Promote routines

2. _____

3. _____

4. _____

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

I cannot be with my baby all the time. Think, Link
A person or place I can trust to take care of him is _____ & Respond

When I leave him I feel _____ Link feelings to events & behavior

What's good about it is _____ Think, Link

I worry about _____

Some things I have taught my child's caregivers about him and how to take care of him are _____ ↑ self-efficacy
Manage relationships

The next thing I need to teach them is _____ & Respond

Name _____ DOB _____ Visitor _____

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

Promote self-care

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

Validate strength

Think, Link

Some ways I make time for myself are _____

& Respond

Validate strengths
Create a teachable moment

Name _____ DOB _____ Visitor _____

Beginnings Guides Reflective Questions
Parents Booklet #4 • 12 to 15 months

Visit # _____ Date _____ Child age _____ months

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

Purposes

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

Promote interaction & exploration

One thing she noticed when we were out is _____

↑ self-efficacy

Something I told her about is _____

Validate strength

The place I would like to take her next is _____

↑ planning skill

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

Promote early literacy

Places I get books for my baby are

Set up a teachable moment

Our favorite reading time is _____

Promote routine

My baby's favorite book is _____

Promote attachment

She points to _____ and _____

Promote interaction

Other ways I teach my baby about reading are

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

Manage relationship

When I leave my baby, to her it feels like I am gone forever.

Baby thinks, links and responds, too

Some things I do to help my child learn that I always come back are

Think, Link

Our good-bye routine is

& Respond

Promote routines

1. _____

2. _____

3. _____

4. _____

Name _____ DOB _____ Visitor _____

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

to the next are _____ Validate strength

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

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

might be hard for my baby are _____ Link

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

I can comfort her by _____ & Respond

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. _____ Prevent violence

Some things that have been hard on me are _____ Recognize abuse

_____ Identify needs

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

To me, *family violence* means _____ √ comprehension

_____ Prevent violence

To me, *child abuse* means _____ √ comprehension

If I ever worry about family violence or child abuse in my family, I will _____ ↑ planning skills

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

My baby is too young to control herself. I help her learn self-control and how to act _____ Prevent child abuse

by _____ Think

The way my family disciplined me was _____ Link

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

Other things I can try are _____ & Respond

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

Promote safety

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

Some things that have happened to my child are _____ Think

What I did to keep that from happening again is _____ Link

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

↑ planning & organizing skills

Beginnings Guides Reflective Questions
Parents Booklet #5 • 16 to 18 months

Visit # _____ Date _____ Child age _____ months

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

Purposes

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

Promote interaction
Promote early literacy

His favorite color is _____

↑ observation skill

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***

Promote early literacy

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

Validate strengths

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 _____

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

Prevent violence

Discipline means teaching.

Last week I praised my child for _____

Manage relationship

I said _____

His response was _____

Last week I disciplined my child for _____

Think

Name _____ DOB _____ Visitor _____

I said _____

His response was _____ Link

What I wanted to teach him was _____

I know he learned that – or not – because _____

Next time I will say _____ & Respond

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

Prevent violence
Manage relationship
Read cues

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

I can keep him from having a tantrum by _____ Promote self-regulation

When he has a tantrum I _____ Reflection

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

Others in my household respond by _____ Manage relationships

What I want them to do is _____

The way I help my child see that tantrums do not work is _____ ↑ self-efficacy

I help him learn to be "good" by _____

When I cannot have what I want I _____ Think

Something that works better to get what I need is _____ Link

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

Beginnings Guides Reflective Questions
Parents Booklet #6 • 18 to 24 months

Visit # _____ Date _____ Child age _____ months

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

Purposes

My child understands more words than she uses.

Promote early literacy

I help her learn to use words for things by _____

I help her learn to use words for feelings by _____

Promote reflective function
of mother & child

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.

Promote safety

I help my child learn to stay safe

Think

Link

in the yard by _____

& Respond

in the driveway by _____

in the street and parking lots by _____

playing with toys by _____

around animals by _____

around people by _____

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.

Promote routines

Reduce stress

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

↑ planning skill

1. _____

2. _____

3. _____

4. _____

Name _____ DOB _____ Visitor _____

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

↑ self-efficacy

Ways I want to change our bedtime routine are _____

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

Time for myself is important.

Promote self-care

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

Other things I want to think through are _____

↑ planning skills

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

Parent as teacher
↑ observation skills

Name _____ DOB _____ Visitor _____

Beginnings Guides Reflective Questions
Parents Booklet #7 • 24 to 30 months

Visit # _____ Date _____ Child age _____ months

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

Purposes

My child is learning new words every day.

Promote early literacy

Now his favorite words are _____

Promote interaction

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

Promote consistency
Promote socio-emotional
development

Think

The words that work best are _____

Link

A new word or phrase I want to try is _____

& Respond

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

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

Promote socio-emotional
development

Choices _____

Consequences _____

Feelings _____

Safety _____

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

Prevent violence

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

Name _____ DOB _____ Visitor _____

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. Think

To me *discipline* means _____ Link

To me *punishment* means _____

The way I have decided to discipline my child is _____ & Respond

I can think through questions about discipline and spanking with Ask for help

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

Things I do for others are _____ Validate strengths

Things I do for me are _____

What I really need now is _____ Identify needs

4. Now go to 168–170 ***New baby on the way?*** Promote family planning & birth spacing

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

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

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

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

Name _____ DOB _____ Visitor _____

If I had another baby now _____ Link

I think I want to have another baby when _____ Link

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 _____ & Respond

Name _____ DOB _____ Visitor _____

Beginnings Guides Reflective Questions
Parents Booklet #8 • 30 to 36 months

Visit # _____ Date _____ Child age _____ months

1. The first part of this book is all about getting your child ready for school.

Look at page 181 ***Learning about numbers***

Promote early literacy & numeracy

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 _____ Validate strength

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

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

Check cognitive development

An animal my child can name 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 18 –187 ***Discipline for your 3-year-old***

Prevent abuse

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

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

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.

Promote interaction

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

Parent as teacher

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

↑ self-efficacy

- | | |
|--|---|
| <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 | |

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 _____ Think

What is working well is _____ Link

What is not working is _____

Some advice I have been given is _____

What I am going to try next is _____ & Respond