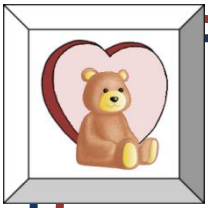


Complimentary Copy
of
Color Parent Handout
for the
Love is Layers of Sharing Topic

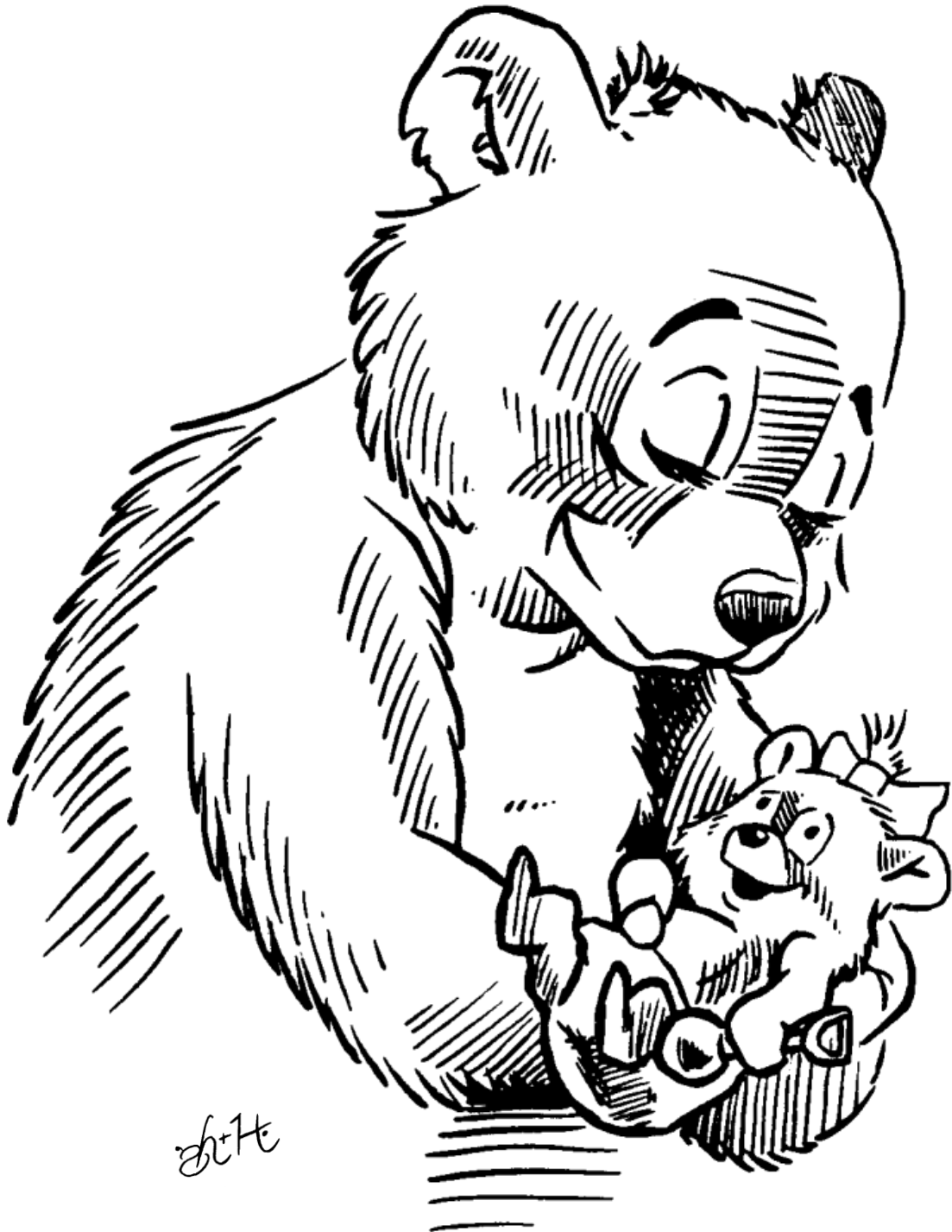


For more information visit:

<http://www.howtoreadyourbaby.org/product/pipe-color-parent-handouts/>



Love Is in the Palm of Your Hand

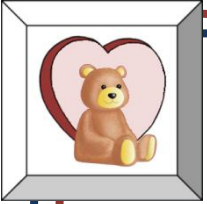




Topic 1: Love Is in the Palm of Your Hand

INQUIRY QUESTIONS

- ♥ What is love? What does it mean to you?
- ♥ How can the many meanings of love be layers of the same thing?
- ♥ How do you, as a parent, feel about your baby?
- ♥ When sharing emotions, what feelings does a baby first experience?
- ♥ Why is the parent-infant relationship so important?



Building and Expanding a Relationship

Understanding

Trust

Sharing Emotions

Interdependence

Respect

Regulation

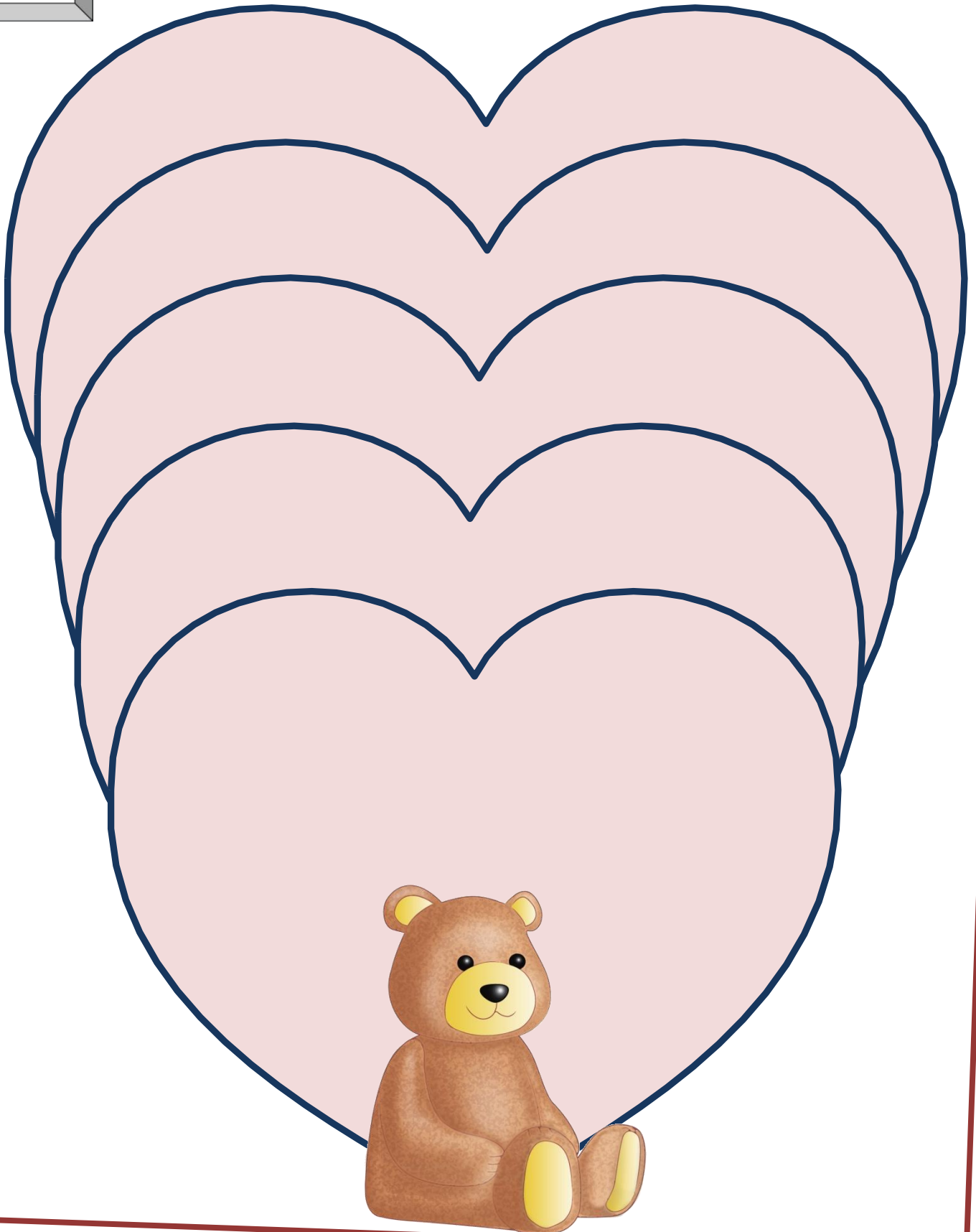
Tolerance

Emotional
Refueling

Layers of Love



What Love Means to Me





Layers of Love for Babies

Trust



Understanding



Shared
Positive
Emotions



Regulation



Tolerance



Interdependence



Respect





Layers of Love Grow as Baby Grows

For the baby, learning about the layers of love is developmental. It is built over time through shared experience and through brain maturation. These layers overlap and are experienced a little at a time. They may be understood differently by the baby at different developmental levels.

TRUST: "Mom is there for me."

Learned from consistent, responsive caregiving, which the baby then expects and counts on.

UNDERSTANDING: "Oh! I get it!"

Learned from sharing experiences. Each sharing adds to our understanding of one another. These experiences will be different for each relationship.

SHARED POSITIVE EMOTIONS: "Smiling gets you everything."

Learned from experimenting with emotional expressions, such as smiles, laughs, coos, screeches, growls, coughs and watching how parents respond. Babies and toddlers love fun and will continue what makes parents happy.

INTERDEPENDENCE: "I've picked out my special people, my loved ones."

Learned from having consistent, loving people around. As babies mature, they become able to pick out their special people and show their attachment to them.

RESPECT: "I'm separate, I'm me! Help me problem solve. Let me grow."

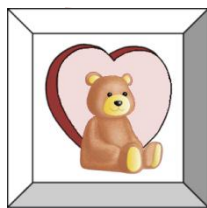
Learned from being allowed autonomy, having parents who allow exploring and problem solving. Like adults, babies and toddlers need feelings of independence and mastery.

REGULATION: "Whoa! There are rules to this relationship stuff!"

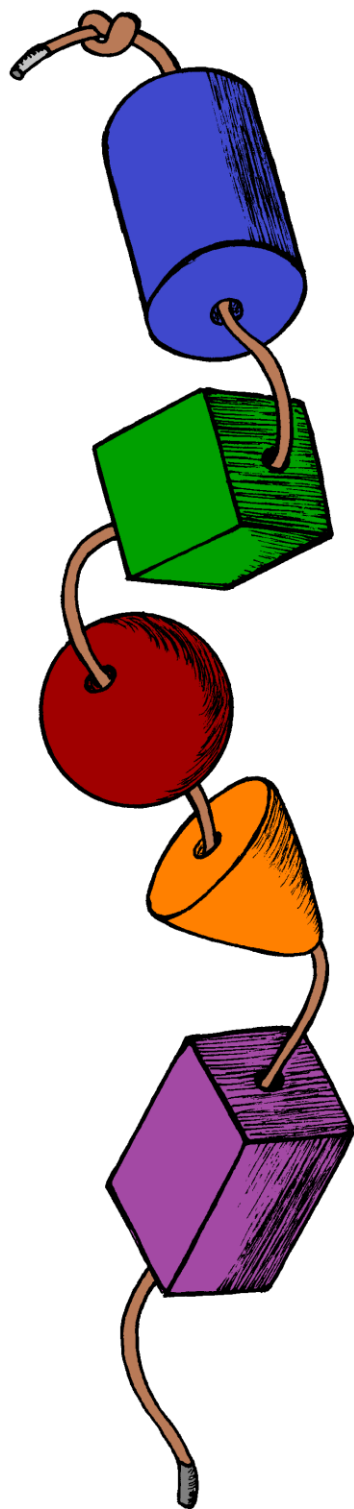
Learned by having gentle guidance and limits from other humans. Regulation helps babies balance emotions and behavior that are out of control. Parents who model emotional control are effective regulators for babies and toddlers.

TOLERATION: "My parents have needs too. I guess I'll put up with them."

Learned by experiencing patient, responsive caregiving, a parent's temperament, and the limits parents set to meet their own needs.



STRINGING BEADS OF PRIDE



1. Approach.

Assess the child's mood and attention span. Select appropriate toys or activities.

2. Get the child's attention.

Move close to the child. Establish eye contact. Introduce toys or an activity. Start or model play.

3. Follow the child's lead.

Let the child respond to toys his or her own way. Follow the child's lead. Continue what the child seems to enjoy. Share interest, excitement, and joy.

4. Extend and expand the play.

Take turns; imitate the child. Let the child problem solve. Help when frustrated or stuck. Encourage the child with each step of the task. Change the play slightly or add something new. Ignore mistakes.

5. Wait for the child to show pride.

Let the child bring the activity to a close. If the child masters a task, wait for the child to look at you. Congratulate the child's action with joy and love. Let the child choose a new activity or repeat this one. Stop if the child is tired, hungry, or no longer interested.



Practicing Positive Parenting Techniques

Learn more about your child. Watching your child and understanding her actions and moods is a key to successful parenting. You will continually learn new things about your child as you do activities together.

Plan ahead. Pick out your activities and equipment and have an area ready for your child; this lets your child know that this time together is important.

Listen to your child. Does your child like this activity? Does your child want to do it again or is your child ready for a quiet activity now? What is your child saying to you?

Model. Demonstrate for your child how to use a new toy or play a new game. You can interest your child in new things by showing him or her what you would do with it.

Allow for differences. Your child is a very special person and different from you and everyone else. It is important to be sensitive to these differences; for example, your child may like to do the same activity over and over, while someone else's child will only do it a few moments before moving to something new. Allow your child to explore toys and be different from you.

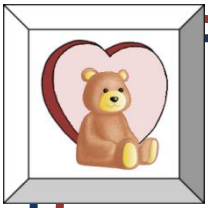
Share positive emotions. Smiling and giggling with your toddler or sharing in a quiet cuddle time are the things that make your relationship strong. It tells your child, "I'm glad I'm your Mom/Dad."

Regulate and provide structure. When it is time for you and your child to play, tell him or her what you are going to be doing. This enhances your child's awareness. Soon your child will know the routine and be looking forward to spending this special time with you.

Provide a safe base. Part of providing a safe base is helping your child when he or she is frustrated or distressed. Another part of providing a safe base is making a safe place for your child to explore and play.

Comfort and stabilize. Watch for signs of overstimulation or boredom in your child. Stay ahead of this by slowing the pace of your activity or changing the tasks. If your child becomes anxious, he or she may need you to stop and share closeness and love for a few minutes.





Beads of Pride

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2. Get the
child's
attention.

5. Wait for
the child
to show pride.

3. Follow the
child's lead.

4. Extend and expand
the play.