
GLOSSARY OF TERMS

Active alert: a state of awareness when a baby or toddler is fully active and will enjoy exercise or motion play, but also can easily become overstimulated (*Listen 1*)

Adapt: adjust or change as the situation changes; fit in with, or accept new things; grow and develop (*Play 2*)

Adaptability: ease with which a person can change when the situation or people around change (*Love 2*)

Adapting: changing; modifying behavior; meeting changes in one's life with suitable changes in behavior and attitude (*Listen 2*)

Alternatives: two or more choices for a single decision; different ways to get to the same goal (*Play 10*)

Ambivalence: uncertainty of feeling or decision; inability to decide between two things (*Love 7 and Love 9*)

Anxiety: apprehension; fearfulness; concern (*Love 10*)

Anxious: concerned, worried, distressed (*Love 3*)

Appropriate: especially suitable or fitting for the baby's developmental or emotional level (*Play 4*)

Assurance: a guarantee; feeling sure and safe; being confident of parents' protection and guidance (*Play 4*)

Attachment: *generally*, a special affection for and commitment to another person or thing; *specifically*, a reciprocal, enduring tie between an infant and caregiver, each of whom contributes to the quality of the relationship (*Love 1 and Love 6*)

Attachment figure: the person a baby has chosen for protection and as a model to copy (*Love 6*)

Attunement: sensitivity and responsiveness to a baby's needs, moods, and signals (*Love 2*)

Autonomous: separate, independent; self-directed; on one's own (*Love 7*)

Autonomy: independence; self-mastery (*Listen 5 and Love 7*)

Available: always there; easily accessed (*Love 3 and Love 6*)

Barrier: *generally*, something that impedes or blocks passage; *in the context of communication*, a block, impediment, or hindrance to understanding a message (*Play 9*)

Basic need: something necessary for physical or emotional survival (*Love 3*)

"Big Breath": a quick reminder to parents to control anger and ask "Why is my baby or toddler acting this way?" (*Love 4*)

Biorhythm: an internal pattern of eating, exercising, and sleeping that the body expects to happen at almost the same time every day (*Listen 2*)

Board books: books with a simple story and/or pictures, printed on heavy cardboard pages (*Listen 8*)

Boundaries: a demarcation or border; a defined limit (*Love 8*)

Brain pathways: neural pathways; connections between nerves built up through experiences (*Listen 7*)

Cadence: rhythmic sequence or flow of sounds in language; the beat or pattern formed by the rising and falling of different voice inflections (*Listen 7*)

Caregiver: any person, usually a parent, who provides care for a child for extended periods of time (*Love 6*)

Cognitive development: changes in a child's thinking, processing, and understanding of experience (*Play 2*)

Collaborate: work easily with another; willingly assist or share (*Play 5*)

Commitment: *generally*, a pledge to do something; *specifically*, a promise to be there as the baby's base of safety (*Play 4*)

Compassion: sympathy and feelings of sorrow for another's distress (*Love 9*)

Competent: good at; capable (*Play 1*)

Competent Infant: a baby who can direct a parent by giving clear signals about needs and desires (*Listen 1*)

Complete state cycle: condition where a child defines when he or she needs to change state, for example, after having enough sleep, a baby wakes up independently (*Listen 2*)

Compromise: everyone giving up something for the good of all; a middle ground (*Love 9*)

Confidence: attitude of self-reliance; competence; a feeling of skill and knowledgeability (*Love 7*)

Confident: sure of oneself (*Play 1*)

Consequences: something caused by an action or decision; what will happen (*Play 10*)

Consistent: predictable, happening the same way over and over; showing steady sameness or identical pattern (*Love 3, Love 8, and Play 5*)

Contagious: spreading rapidly, for example, emotional expressions quickly influence others (*Play 5*)

Contingency: something happening as a result of or in connection with something more important (*Love 3*)

Continuity: the state or quality of being uninterrupted in time (*Love 4*)

Curiosity: a desire to learn or know (*Play 1*)

Dance of Love: recognizing when to engage a baby, when to disengage, and “being there” when baby is ready to re-engage (*Listen 4*)

Deferred imitation: when a baby delays imitating an action, for example, waving “bye-bye” *after* Gramma is gone (*Play 8*)

Defiant: filled with disregard, resistance, or challenge to authority (*Play 6*)

Devalue: generally, reduce in value; *in context of emotions*, make a person feel small or worthless (*Play 6*)

Developmental milestone: a significant point of change in one's abilities due to maturation (*Play 2*)

Discipline: teaching through regulation, guidance, and limits; methods of guiding a child's character and of teaching self-control and acceptable behavior (*Love 8*)

Discomfort: a feeling of slight pain, unease, or distress (*Love 3*)

Discriminate: make a distinction or choice between people or things (*Love 6*)

Disengagement cues: signals a baby gives to indicate the need for a break or the need to change activities (*Listen 4*)

Disorganized nervous system: condition when one is anxious, nervous, and/or unable to gain calm or focus; in this condition, babies or toddlers are fussy, whiny, have tantrums, suck thumbs, and/or run around wildly. (*Play 6*)

Distracted: turned aside, drawn away from a task (*Play 5*)

Distractibility: how quickly one breaks his or her concentration for something else (*Love 2*)

Distress: feelings of upset, doubt, and worry (*Love 3*)

Diversion: something that redirects attention, distracts, or changes the subject (*Play 5 and Play 9*)

Divert: lead away, change, or redirect someone's attention or focus (*Play 5*)

The “DO's”: something we want our children to do; a set pattern or rule (*Play 5*)

Emotion: an internal feeling that involves spontaneous physical and mental reactions to sensory stimulation (*Love 2*)

Emotional connectedness: an emotional link; a sharing of the same feelings (*Play 5*)

Emotional extremes: out-of-control or overflowing emotions (*Play 6*)

Emotional refueling: replenishing emotional energy, through activities such as laughing and playing with loved ones (*Love 10*)

Emotional signal: a behavior that is used when one feels a specific emotion (*Love 2*)

Empathy: ability to put oneself in another's place and feel what that person feels (*Love 4 and Play 4*)

"Empty Bucket": indicators that emotional or physical energy is low (*Love 10*)

Energized: filled with vitality and enthusiasm (*Love 10*)

Engagement: connection or involvement when two people are focused around the same interest (*Listen 4*)

Engagement cues: signals that a baby gives to indicate his or her readiness for interaction (*Listen 4*)

Environment: physical and social surroundings, including objects, conditions, or circumstances that influence the life of a person (*Listen 4*)

Equilibrium: a midpoint between opposing forces; equal balance; a feeling of physical and emotional balance (*Listen 2, Love 4, and Play 2*)

Esteem: value, regard as special, respect (*Love 7*)

Expanding play: adding a new skill or different toy to the play activity (*Listen 5*)

Exploration: close examination; moving around looking for something new (*Play 1*)

Extending play: changing the play slightly without using different toys; using a different idea with the same toys (*Listen 5*)

Fluctuations: changes; variations; movements back and forth or up and down (*Play 7*)

Fine motor skills: control of small muscles (*Play 2*)

Foster: promote growth and development (*Play 6*)

Frustrated: discouraged or defeated; disappointed (*Play 5*)

Frustration: a state of insecurity, dissatisfaction, or disappointment (*Play 10*)

Fussy: a state of awareness when baby shows agitation and needs help getting to the next state of awareness, often from overstimulation, hunger, or exhaustion (*Listen 1*)

Gross motor skills: control of large muscles (*Play 2*)

Guidance: direction and support from another (*Play 3*)

Guidelines: a general set of directions; a model to follow (*Love 8*)

Habit: something one does regularly without thinking about it (*Play 5*)

Hierarchy of basic needs: a ranking of basic needs, in order of priority (*Love 3*)

Imitate: copy; do the same action as someone else (*Play 8*)

Independent: self-sufficient, not requiring the direction or help of others; free to be oneself, free from control or restriction (*Love 7 and Play 1*)

Indicator: a marker or definition; a signal or sign (*Love 2*)

Indulgent: excessively lenient; giving or allowing another too much (*Love 7*)

Initiative: ability or desire to plan and carry out activities without being prompted by others (*Play 4*)

Integrity: soundness of character; honesty; willingness to honor a commitment (*Love 3*)

Intensity: degree of strength or weakness (*Love 2*)

Interaction: a time of learning and sharing together (*Listen 5*)

Interdependence: a pattern of interaction between two people where each needs and influences the other (*Love 6*)

Interpret: explain the meaning of (*Play 4*)

Intimate: private or personal; pertaining to one's innermost self (*Love 5*)

Intonation: variation of pitch within an utterance (*Listen 6*)

Intrude: to enter in without invitation or welcome (*Play 10*)

Irresistible: especially attractive; impossible to leave alone (*Play 8*)

Isolate: separate things or persons from others (*Play 6*)

Isolated: alone; socially withdrawn; apart from the whole (*Love 9*)

Limit: a boundary, an end point; something that restricts an action (*Love 8 and Play 6*)

Mastery: the process of acquiring a skill and/or becoming good at something (*Love 7 and Play 1*)

Maturation: becoming fully developed or complete; growing and changing toward a desired state of personal acceptance and balance, as an adult (*Play 2*)

Memory image: an emotional connection to another when you are not there (*Love 6*)

Mentor: a trusted counselor or guide (*Play 3*)

Modeling: *generally*, providing a pattern for someone to copy; *specifically*, acting as a model or pattern for a baby to copy (*Love 6 and Play 3*)

Modulate: gently regulate or adjust a baby's state or emotional behavior (*Listen 1*)

Monotone: utterance of successive words without a change in pitch or key (*Listen 6*)

Motivation: a voice inside urging a person on; inner drive (*Play 1*)

Motor skills: abilities to control both the large and small muscle groups of the body (*Listen 8*)

"Music and Movement": coordinating body or hand movements to the rhythm of music (*Listen 7*)

Mutual: shared by two or more people; the same for two people (*Love 5, Love 9, and Play 7*)

Mutual regulation: when one person's state is changed by the state of another (*Listen 1 and Play 7*)

Myelinate: the process by which a nerve becomes covered with an insulating sheath (*Listen 2*)

Neuron: the structural and functional unit of the nervous system that receives messages from the environment (*Play 7*)

Neural pathway/neuropathway: a series of nerve connections (synapses) that form a network in the brain. These pathways can be activated by a particular experience. (*Play 7*)

Nonresponsiveness: when a parent or a caregiver does not respond to a baby's engagement cues or respect disengagement cues (*Listen 4*)

Nonverbal: not using language; communicating by using only the face, body, and emotional signals (*Play 9*)

Nurturance: warm and affectionate physical and emotional support and care (*Play 4*)

"Object Permanence": a maturational step that allows babies to comprehend that an object that is out of sight still exists (*Play 10*)

"Oneness": shared emotions leading to shared understanding; a feeling of safety and closeness (*Love 4 and Play 7*)

Oppositional behavior: testing the rules, denying requests, doing the opposite of what is wanted (*Play 5*)

Oral development: relating to the mouth; a group of developmental milestones that includes sucking, smiling, mouth movements, sounds, and words (*Play 9*)

Overstimulated: receiving too much sensory input, which causes discomfort or agitation (*Love 5*)

Overstimulation: when the environment is too much for one's nervous system; when a baby's nervous system has received too much sensory input or stimulation and the baby becomes fussy, frantic, or out-of-control (*Listen 4, Listen 7, and Play 6*)

Pattern: something that is repeated over and over; an expected procedure (*Listen 2, Love 4, Love 8, and Play 3*)

Perfectionistic: *in general*, holding the highest of expectations, not accepting less than the best; *specific to parenting*, wanting a baby to be without fault, expecting too much of a child too soon (*Play 4*)

Persistence: how hard one works at a task; how much effort and concentration one puts toward a particular task in spite of frustration, criticism, or opposition (*Love 2*)

Personal Developmental Profile (PDP): a form used to chart a baby's developmental change (*Play 2*)

Personal space: time for oneself; a need to be left alone some of the time (even babies have this need.); places, thoughts, and actions that are private and not to be shared (*Listen 2 and Love 10*)

Personalized books: books that use the baby's or family members' names or familiar events in the story (*Listen 8*)

Physical refueling: replenishing physical energy; for example, resting, eating healthy foods, and exercising (*Love 10*)

Playing: engaging in an activity for interest and pleasure (*Play 1*)

Practice: repeat; perform frequently (*Play 1*)

Precaution: care taken in advance; problem solving by thinking in advance (*Play 8*)

Preference: one's first choice (*Play 7*)

Prejudice: a preconceived judgment or opinion without knowledge or understanding of the person, idea, or situation involved (*Play 9*)

Pretend: make believe; role play voice and actions of another; practice a situation in one's mind; act like another person (*Play 8*)

Pride: delight arising from accomplishment (*Listen 2, Love 1, Love 7, and Play 5*)

Priorities: rated in order; ranked best to worst; the things one wants most; what should happen first (*Play 10*)

Problem: a challenge, a puzzle; difficult to decide or deal with; an unsettled question or vexation (*Play 10*)

Propel: urge on; motivate (*Play 6*)

Quiet alert: a state of awareness when baby is focused, interested, and ready for learning (*Listen 1*)

Quiet discipline: starting at birth, a gentle but clear way of helping a baby regulate behavior (*Listen 1*)

Quiet time: a way to teach a child to find emotional balance, when emotions are out of control; this technique will work best in a setting with no distractions (*Love 8*)

Readiness to learn: physical and neurological ability to perform a new skill; emotional ability to follow the lead of

another person to perform a new skill (*Play 2*)

Reciprocal: shared, or returned in kind; each to the other (*Play 8*)

Redirect: *generally*, change focus or direction; *specifically*, give a baby a new idea or pathway (*Play 5*)

Re-engagement: after a disengagement, the baby looks back at his or her parent, indicating a readiness to engage again (*Listen 4*)

Re-evaluate: reconsider an action or idea (*Play 6*)

Refueling: replenishing energy, both physical and emotional (*Love 10*)

Regulate: balance or adjust (*Listen 1*)

Regulation: adjustment, balance, fine tuning; a way to help balance or keep operations in good order (*Love 1, Love 8, Play 1, and Play 3*)

Rehearse: practice; repeat over and over; recount or tell again (*Play 10*)

Reinforce: strengthen by adding assistance or approval (*Play 6*)

Relationship: the emotional connection between two people (*Play 3*)

Relevance: pertaining to the needs of the user or subject being considered; satisfying another by answering a question or responding to his or her request (*Play 9*)

Resiliency: ability to find balance, regain equilibrium, recover, or adjust easily (*Love 4, Love Closure, and Play 4*)

Resource: a source of information, knowledge, or help and support; a possibility of relief or resolution (*Love 9 and Play 10*)

Respect: feelings of concern and honor for another; limiting one's behavior because of the needs of another individual; to consider worthy of high regard; to value (*Love 1 and Love 7*)

Response time: the amount of time between one person's action or statement and another person's reaction or reply (*Play 8*)

Rhythm games: activities that parents and babies can share

that involve body movements or words used in cadence or in a pattern (*Listen 7*)

Rhythmicity: an expectation that things will happen the same way over and over; the rhythms of the day or the pattern of interaction between two people; a biological pattern or routine of eating, sleeping, waking, and eliminating (*Listen 2 and Love 2*)

Roles: responsibilities and expectations that are connected with certain positions in society, for example, being a parent, a spouse, an employee, a teacher (*Love 10*)

Rules: principles or expectations of conduct; the customary practice or occurrence; agreed upon measures of performance (*Love 8*)

Scaffolding: when a parent structures the play so his or her baby has success in completing a task; helping with, *not doing* a task (*Listen 5 and Play 3*)

Self-actualization: becoming what one is capable of becoming; the achievement of one's full potential through creativity, independence, spontaneity, and a grasp of the real world; achieving autonomy (*Love 3*)

Self-care: an ability to meet one's own needs (*Play 2*)

Self-control: restraint over one's own impulses, emotions, and desires; self-regulation (*Love 10*)

Self-destructive: having consequences that are harmful to oneself (*Love 10*)

Self-esteem: valuing and respecting oneself (*Love 3*)

Self-quieter: a baby who is put down in a drowsy state and allowed to fall asleep independently (*Listen 1*)

Sensation: nerve activation due to sensory experience (*Play 7*)

Sensory: conveying energy from the senses to nerve centers in the brain (*Play 7*)

Sensory learning: when the senses experience something often enough to remember it; when the nerve connections from the senses to the brain become strong (*Play 7*)

Sensory stimulation: experiences that cause energy to flow through the nerves to the brain (*Listen 8*)

Separateness: being - and allowing others to be - separate

and individual (*Love 7*)

Separation: the act of parting or of going different directions; making oneself distinct from another (*Love 1 and Love 7*)

Shame: dishonor or embarrassment (*Love 8*)

Shared negative emotions: sharing feelings of displeasure, anger, fear, or sadness (*Listen 7*)

Shared Positive Emotions (SPEs): sharing interest, joy, surprise, and contentment (*Listen 7, Love 1, and Love 4*)

Shared space: when two people understand one another's nonverbal cues and share each other's feelings; what is created when there is mutual understanding (*Listen 4*)

"Shared Space Relationship": an emotional sharing; merging feelings and understanding; interdependence; a mutual focus and sensitivity between two persons (*Love 6*)

Socialization: learning to fit into a group; understanding their rules and patterns of a group; being able to share emotions and ideas with others (*Play 4*)

Socioemotional development: changes in the ability to express and act upon one's feelings and to form relationships (*Play 2*)

Species: a class or group having common attributes and defined by a common name (*Play 9*)

SPEs: Shared Positive Emotions (*Listen 7, Love 1, Love 4*)

Stability: a feeling of balance (parents help a baby to learn balance) (*Play 4*)

Stabilized: feeling settled, balanced, or grounded (*Love 4*)

States of awareness: the degree of awareness or alertness to the environment, ranging from sleep to high agitation (*Listen 1*)

Stimulate: increase activity or interest, excite; activate; send energy through the nerves to the brain (*Love 5*)

Stimulation: an object, condition, or occurrence that increases interest or activity (*Play 7*)

Stress: feelings of emotional or physical strain in response

to some external event (*Love 9*)

Structure: (n.) a framework or pattern; an expected routine (*Love 8*)

Structure: (v.) *generally*, arrange in a definite pattern or organization; *specifically*, provide pathways and guidelines for a baby (*Play 4*)

Structuring for success: planning toys and play space so the baby will be both engaged and successful (*Listen 5*)

Super-C's: clear, calm, controlled expressions of displeasure; a good way to discipline (*Play 6*)

Syntax: the way words are arranged in a sentence to show their relationship (*Listen 6 and Listen 8*)

Tactile stimulation: a stimulation through the sense of touch (*Love 5*)

Teachable Moment: any time a parent and child interact (because a child is always learning something) (*Play 3*)

Temperament: a unique quality in each baby that determines how the baby will respond to stimulation and regulation (*Love 2*)

Threshold of sensitivity: how quickly and intensely a person responds to the stimulation of his/her senses (*Love 2*)

Tolerance: ability to be patient and fair toward someone whose thoughts and/or practices differ from one's own (*Love 1 and Love 9*)

Transitional object: something to help calm or soothe in a time of transition or change; something to represent the parent when he or she is not there (*Love 6*)

Trust: knowing another will be dependable, reliable, and safe to share with (*Love 3 and Play 3*)

Turn-taking activities: activities that involve alternating actions with another person (*Listen 7*)

Understanding: gaining information and knowledge about another person and being able to appreciate how he or she is different from oneself (*Love 1 and Love 2*)

Unique: one-of-a-kind; without equal (*Play 9*)

Uniqueness: quality of being the only one; quality of being very special or unusual (*Play 4*)

Verbal: relating to or consisting of words (*Play 9*)

Victimized: suffering from the adverse actions of another (*Love 10*)

Vigilant: watchful; being on the lookout for the signs of trouble or need (*Love 9*)

Virtual Reality Poster: a poster made up of many colors, which at first have no clear design, but when studied will become a picture (*Love Closure*)

Voice inflection: changes in pitch (highness or lowness) or loudness of the voice (*Listen 8*)

Worthy: deserving, commendable, excellent, respected (*Love 8*)