

Not Seeing Your Issue?

Age 0 Summary

Why Not Seeing Your Issue?

Your infant's secure and trusting connection with you is vital in their first year. You begin to build the foundation for your infant's development as you address any issue.

STEP 1	 GET INPUT	Getting to Know and Understand Your Infant's Input
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Some examples of getting input from your infant are:

- *"Show me what you do when you are happy."*
- *"Which book would you like to read before bedtime?"*
- *"Do you want to play with blocks or puzzles?"*
- *"Where would you like to go for our outing today?"*
- *"Which toy would you like to take with you in the car?"*
- *"Which stuffed animal do you want to sleep with tonight?"*
- *"Which bedtime song should we sing tonight?"*

STEP 2	 TEACH	Teach New Skills
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Here are some ways that you can teach new skills to your infant:

- *"Watch how I do this, and then you can try it."*

- *“Let's do this together, step by step.”*
- *“Let's do this together! Watch how I do it first.”*
- *“Now it's your turn to try. You can do it!”*
- *“I'll show you step by step. First, we...”*
- *“See how I'm doing it? Try to copy what I'm doing.”*
- *“I'll show you once, and then you can try it yourself.”*
- *“Pay attention to how I hold it, then you try.”*
- *“Look at my hands. They're doing this. Can you copy me?”*

STEP
3


PRACTICE

Practice to Grow Skills and Develop Habits

Here are some examples of ways you can practice with your infant:

- *“Let me see you try it now.”*
- *“Let's do it again together, and then you can do it yourself.”*
- *“I'm so proud of you for trying! Let's do it a bit more.”*
- *“Let's practice a little bit every day.”*
- *“The more we practice, the easier it gets. Let's keep trying.”*
- *“You're doing so well! Keep going!”*
- *“Practicing is like exercising our brains. The more we do it, the stronger we get.”*

STEP
4


SUPPORT

Support Your Infant's Development and Success

Here are some examples of how you can support your infant's development and success:

- *“I noticed how you raised your arms to help me get your shirt on. Nice job!”*

- *“I know this is scary. Would holding your bear help while we do this?”*
- *“We will first do this and then that. Okay?”*
- *“You did a great job stacking those blocks! You're really good at building.”*
- *“I see you're feeling frustrated. Would you like some help figuring it out?”*

STEP

5



RECOGNIZE

Recognize Efforts

- Recognize small steps along the way. Don't wait for significant accomplishments—like the whole bedtime routine going smoothly—to recognize effort. Remember that your recognition can work as a tool to promote more positive behaviors. Find small ways your infant makes an effort and let them know you see them.
- Build celebrations into your routine. For example, after you've completed your bedtime routine, snuggle and read before bed. Or, in the morning, before you leave for work, take a few minutes to listen to music together.

Trap: It can be easy to resort to bribes when recognition and occasional rewards are underutilized. If parents or those in a parenting role frequently resort to bribes, it is likely time to revisit the five-step process.

Trap: Think about what behavior a bribe may unintentionally reinforce. For example, offering a sucker if an infant stops a tantrum in the grocery store checkout line may teach the infant that future tantrums lead to additional treats.

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