

TYPICAL FOR THIS AGE

CHILD'S PERSPECTIVE

PARENT'S PERSPECTIVE

LEARNING & GROWING STRATEGIES

Newness, Wonder and Confusion

Where am I?
How did I get here?

I'm falling in love with loving faces, voices and bodies.

I'm discovering own body through loving interactions.

I'm discovering with all of my senses.

I'm falling in love with a new person.

I feel a deep well of emotions.

I need time to focus on monumental life changes.

What does my baby need?

Things are different now!

It takes longer to do things.

Some friends may not get it.

Rearrange commitments.

Take care of yourself!

Sleeping, Eating and Schedules

What do you mean - day and night?

When do I eat?

What should I think, feel, expect?

Tired! Exhausted!

Kaput!

To schedule or go with the flow?

Create a support network.

Talk to everyone but listen to your baby and your heart.

Crying and More Crying

Is anyone listening to me?

Is someone taking care of me?

I've got a big voice - It works! (or)

I've got a little voice - It works!

I'm learning to understand.

I feel helpless, confused, angry and guilty (like I should know).

I feel competent and powerful (my baby needs me).

Begin exploring your emotions.

Revise your "ideal" parent for real life: Real works; perfect or pretend doesn't.

Ask for help!

This too shall pass.

Baby Personalities

I gotta be ME!

I have my own way of trying new things, of getting calm, and of learning.

Can you watch me and tell me about myself?

Where personalities match, parents can feel competent.

Where personalities mismatch, parents work a little harder.

It might not be fair.

Be careful about comparisons. Challenges are not about "you"; they are about exploring a new role.

Begin a lifelong partnership.

Discover strengths and accommodate differences.