

# Course Guide

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**Session 1 Welcome to the *Incredible* INFANTs**

Meet other group members and learn the many ways the group can be a valuable resource for your family. Find out about the *Incredible* INFANTs series, become familiar with the *Incredible* INFANTs philosophy, and learn how we will work together over the series. Share what you find so incredible about your infant, beginning with your birth and adoption stories.

**Session 2 Essential Beginnings**

Develop skills for helping babies view the world as a safe place where they can count on others to respect and respond to their needs. See how your experiences in the *Incredible* INFANTs series can build a foundation of trust for you, your baby, your family, and your group as you embark on this wonderful new adventure.

**Session 3 Encouraging Your Developing Baby**

Learn some important developmental milestones for the first year. Discover the kinds of early experiences that benefit a baby's growth and discuss how these experiences shape your baby's developing brain. Share the many simple ways you can encourage your baby's development in the midst of everyday activities.

**Session 4 Understanding Your Individual Baby**

Consider how unique your baby is! Learn how understanding, accepting, and respecting your baby's individuality helps her grow. Create a baby book page full of your special baby's preferences and share your book with other parents.

**Session 5 Nurturing Yourself and Your Family**

Talk with other parents about how your life has changed since the birth of your baby and how these changes have affected your ability to nurture yourself and your family. Explore why it is hard for new parents to take care of themselves and what gets in the way. Recognize how caring for yourself benefits your family. Learn how to ask for the support you need.

**Session 6 Beyond Baby: Adult Relationships**

Explore how your other roles as daughter, son, friend, wife, or husband have been changed by the birth of your baby. Discuss what you appreciate and what you find challenging in your adult relationships. Learn ways for your family to work together to solve problems.

**Session 7 Babies, Parents, and Play**

Parents are their children's first playmates. Discover the opportunities and responsibilities that come with creating a healthy play environment for your baby. Share with other parents the qualities of good toys and the challenges of the commercial world. Explore your feelings about playing with your baby and become more familiar with your preferred style of play.

**Session 8 Your New Family Life**

Learn about the importance of healthy family routines and patterns, including activities such as sharing responsibilities, watching television, and caring for children. Talk about strengths and areas for growth in your family. Learn how other families are handling challenges.

**Session 9 Be a Friendly Guide to Your Mobile Baby**

Stay on your baby's side by creating a "baby-friendly" environment that meets your baby's need for active exploration while meeting your needs for safety and order. Talk about setting limits that are consistent with your long-term goals for your baby. Consider the important roles you have as a teacher and guide, helping your baby become capable, confident, and competent.

**Session 10 Celebrating Your Journey**

Celebrate your family's special qualities. Appreciate and acknowledge growth in the group. Evaluate the series and make plans for the future of your group.