

# BABY STRENGTHS

Caring for a baby or toddler can be fun, surprising, challenging, exhausting... the best and most difficult thing you have ever done!

The 25 *Baby Strengths* cards can be used to build dynamic conversations with mothers, fathers and grandparents, childcare and family workers, parenting educators, health professionals—and anyone who cares for babies and parents! Use the cards to recognise baby strengths, develop understanding of baby cues, nurture connections with babies, and build solid foundations for baby development.

## Questions for soon-to-be parents

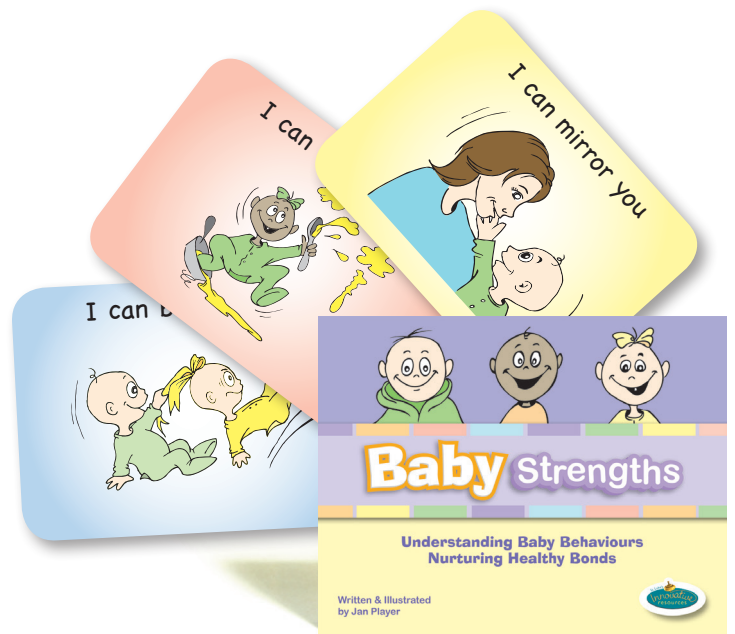
*Baby Strengths* can be used to help parents think about baby behaviours and building a bond with their baby. You might begin an activity by asking participants to select a card which they feel expresses a behaviour their new baby may display. Some questions to follow with may include:

- What is the behaviour shown on the card you've chosen?
- How do you feel about this behaviour?
- How do you feel you may respond if your baby shows this behaviour?
- How do you think your baby will be feeling if he or she behaves this way?
- What do you think your baby will need from you when he or she is behaving this way?

## Understanding your baby's needs

Choose a card or cards which remind you of your baby or which you feel reflect your baby's behaviour. Some possible questions to encourage conversations using this approach include:

- How do you think your baby feels when he or she is behaving this way?
- What do you think your baby needs when he or she is behaving this way?
- How might you help your baby achieve this need?
- What are the barriers to helping you achieve this?
- What would change for your baby if you behaved differently?



## Questions for parents about their partners

Choose a card or cards which remind you of your baby or which you feel reflect your baby's behaviour. Possible questions to encourage conversations using this approach include:

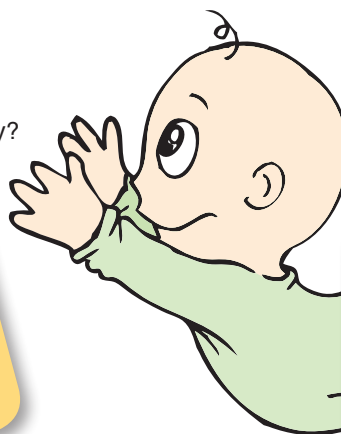
- Do you and your partner respond to your baby's behaviour in the same way or differently?
- Which baby behaviours does your partner manage well?
- Which behaviours does your partner find most challenging?
- How do you and your partner resolve different parenting styles?

## Parenting babies and older siblings

Parents or carers may also like to use the cards to explore how a new baby may shape the dynamic of a family, particularly with regard to older siblings. Some possible ways to set up the card selection and questions to build conversations include:

- Choose a card(s) which reflect baby strengths that have been shared, or are shared, by each of your children. How do you feel about these shared strengths?
- Choose a card(s) which reflect the individual baby strengths of each of your children. How do you feel about these individual strengths?
- Choose a card(s) that shows times when siblings might be included as you care for your new baby. How might this happen?
- Are there some behaviours depicted on the cards that older siblings still do? Do any of these behaviours change as the child grows? Do any remain the same?

*Baby Strengths* can be used to help parents think about baby behaviours and building a bond with their baby.



## BABY STRENGTHS

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