

2-MONTH

PROMOTING FIRST RELATIONSHIPS Connecting Strategies

Way of Being

Before the Visit, Reflect and Wonder

“What might the baby be experiencing at this age?”

“What might the parent be experiencing?”

Observations

Notice and Describe for Families

- Baby cues of hunger, satiety, sleepiness, engagement and disengagement. This help parents to see these cues more readily at home and to learn and respond to their baby’s needs.
- Parent responds sensitively to cues and follows their baby’s lead
- Parent soothes and comforts their baby (alleviation of distress)
- Baby’s response to being laid down on the exam table (e.g. scared, stressed) and then how the baby checks their parents face to make sure they are safe and becomes comforted
- Reciprocal babbling
- Shared delight

PFR Strategies—Examples

Based on your observations and following the family’s lead, use the below strategies during your visits.

Joining Questions

- How has it been going for you and your baby?
- Being a new parent can be exhausting. How are you doing with this big adjustment? How are you sleeping?
- Are there things that have been harder or easier than you expected?
- What are you enjoying the most about this age?
- What has surprised you the most about these first two months?
- What is your baby’s personality like, so far? How would you describe your baby?

Strengths-Based Positive Feedback

- I can see how much you love your baby. And I can see how much your baby delights in you. You seem to really enjoy each other!
- I see that your baby’s face really lights up when you’re talking with her.
- It’s so nice the way you wait for your baby to talk back to you when you are talking to him.
- Your baby settled right down in your arms after his shots. He looks like he feels safe and secure with you.
- I can see your concern about wanting to do what’s best for your baby. It is really wonderful to see that you are being so thoughtful about these important medical issues (e.g. immunizations).
- You do a wonderful job tolerating her distress, I know it can be hard to find energy to soothe her when you are feeling so tired yourself.

Positive Instructive Feedback

- It is wonderful to see how much you are enjoying (or paying attention to) your baby. New research is demonstrating that this kind of attention to and delight in our babies is what helps them develop best.
- I know it is hard in these early months, but it is so important that you find little ways to take care of yourself too. Your health and well-being is necessary for your baby’s growth and development as well!
- Your baby seems so easily comforted by you holding him close. By responding to his need for closeness you help him feel heard and secure. Giving him this experience supports his social and emotional health and development.

Supporting Reflective Capacity

- What is it like for you with so much change going on during this time?
- What do you think is going on with your baby during her fussy times? During her content times?
- How do you think {Insert older sibling’s name} feels about her new baby sister/brother?
- Are you feeling like you’re getting enough rest? If parent voices concern: How are you holding up with so little sleep?