



# Instructional Plan

## Outcomes

- Parents will recognize their baby's states of awareness and the feelings that babies and parents experience in each state.
- Parents will be able to respond appropriately to their baby in each state of awareness.
- Parents will develop skill in gently regulating their baby's states of awareness.

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## FOUR-STEP INSTRUCTIONAL PROCESS



### PRESENTATION OF CONCEPTS

#### INTRODUCTION OF TOPIC

- **Communication between parent and baby begins at birth**  
[see *Conceptual Overview* #1 and #4].
  - Babies signal what they need through emotional expression.
  - Listening to the baby's communication is important for effective parenting.
    - Play Communication Charades.  
Discuss how parents can learn to listen to babies' actions and how babies communicate without words. Invite parents and/or other family members to play Charades in pairs, emphasizing facial expressions, sounds, body movements, and states of awareness.  
Suggested Charade topics include:
      - "Pick me up. I want to play!"
      - "I'm cold and wet. Please change my diaper."
      - "I like it when you rub me gently."
    - Show, or use as a transparency, the parent handout "Communications Start at Birth." Discuss how communication is a two-way path. Parents complete this handout by filling in the empty arrows. Use the KEY page 35 to assist them.

#### KEY CONCEPTS

- **Babies are able to help direct their care** [see *Conceptual Overview* #2].
  - Babies communicate needs through their states of awareness.
    - Use topic animal artwork to introduce the idea of "states of awareness."