

MODULE 5

New Parents

Module Description

Purpose: Deployed Service members whose homecoming experience includes welcoming a new baby to the family must adapt to significant lifestyle changes—especially if this is their first child. *New Parents* helps first-time and experienced deployed parents prepare for the joys and anticipate the surprises that come with having a new baby at home.

Target Audience: Service members who are returning to a new addition to their family. This workshop is ideal for first-time parents as well as experienced parents of all ranks.

Module Length: 30 minutes. The time to facilitate this brief may be modified based on the needs and availability of the command.

Instructor Notes

Scripts: Instructors should become familiar with this curriculum and personalize the scripts to ensure facilitation feels natural without compromising the course content.

Activities: Instructors may modify or adjust the activities used in this curriculum to fit the needs of the command members. Activities are written with two options, allowing instructors to decide which one best fits their need:

- Option 1 — Handouts, paper or other materials are needed to complete this version of the activity.
- Option 2 — Additional materials are not required and this version can be conducted through lecture or discussion only.

PowerPoint Slides: PowerPoint slides are provided but not required. This module is designed so that it can be facilitated with or without the slides. If using slides, cues are provided for when animations occur.

Training Tips: Training tips are used throughout this curriculum to guide the content and recommend alternative methods of interaction.

FFSC Resources: An electronic copy of the *Deployment Support Handbook* is provided on this CD so command leadership may make them accessible to Service members from the command or through shipboard intranet.

Learning Objectives

Upon completion of this module, Service members should be able to apply strategies for a successful reintegration into their child's life.

- During the *Diaper Changing 101* activity, participants will correctly guess five steps to changing a baby's diaper.
- During the *Lightning Round Trivia* activity, participants will correctly answer 10 baby trivia questions.
- During the *My Parenting Style* activity, participants will respond to eight scenarios to assess their parenting style.

Module Preparation

Materials

- *Module 5: New Parents* PowerPoint file or printed copy
- *Deployment Support Handbook*

Handouts (if available)

- *Ways to Bond with Your Baby*
- *Parenting Assessment*

Optional Materials (if available)

- Computer
- Projector
- Markers
- Paper and writing instruments
- Timer

Course Outline

1. Welcome and Introductions (3 minutes)
 - a. Opening Activity: *New Parent Poll*
 - b. Agenda: Three Things
2. Welcome Baby! (10-12 minutes)
 - a. Bonding
 - b. Activity: *Diaper Changing 101*
 - c. Activity: *Lightning Round Trivia*
3. Adapting to Change (10-12 minutes)
 - a. Embracing Change
 - b. Baby Costs
 - c. Activity: *Parenting Styles Assessment*
4. Closing (3 minutes)
 - a. New Parent Support Home Visitation Program
 - b. *Deployment Support Handbook*

Content

Welcome and Introductions (3 minutes)

Slide 1: New Parents



Provide the handouts (if available) as participants enter the training area.

SAY: Welcome and congratulations to members of our crew who are expecting or who have recently become new parents!

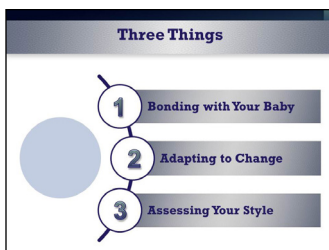
SAY: Today, our goal is to prepare you for your new role as a parent. Meeting the newest addition to your family is a remarkable feeling, and raising them is an incredible journey.

SAY: You may be bursting at the seams with anticipation and perhaps everyone in your division knows about your baby on the way, but perhaps not everyone here today knows. We would all like to share in the excitement during our New Parents workshop, so please, stand if ...

- Your new baby is already at home waiting for you or will be born before you get home.
- You will get home in time to watch your new baby come into the world.
- You are having multiple babies, such as twins or triplets.
- This is your first baby.
- Your new baby has excited siblings at home.
- Your new baby is a girl.
- Your new baby is a boy.
- You are waiting until delivery to find out the sex of your baby.

Thank Sailors for participating and comment on the results ("Looks like our crew is welcoming mostly boys/girls in the near future!" etc.).

Slide 2: Three Things



SAY: Whether you are having your first child or your last, a girl or a boy, preparing for a new baby is serious business, yet it should be an experience for your entire family.

SAY: A new baby will change your family's life, especially if you are a first-time parent. For those of you who have other children, we will look to you to share your experience when it comes to three items on our agenda:

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- Bonding with and taking care of your baby
- Celebrating and adapting to the change that baby brings
- Assessing your natural parenting style

Slide 3: Bonding With Your Baby



SAY: Our first topic is bonding and taking care of your baby. Bonding is the intense attachment that develops between parents and their baby. It is the strong tie that fosters love, affection, a sense of security and positive self-esteem.

SAY: Bonding is the beginning of a long-term relationship with your baby and is crucial to their physical and emotional development.

SAY: And for you dads who may have thought bonding is only for moms, research begs to differ. Studies show that babies who bond with their dads are more secure and responsive and score higher on developmental tests. As they grow, children with active fathers perform better in school, have more secure friendships and are better able to handle their emotions.



If paper is available, say the paragraph below and have participants make a list of ways to bond with their baby. If paper is not available, have participants call out ways to bond with a baby.

SAY: It is time for our first activity. Please grab a blank sheet of paper, and when I give the cue, make a list of ways to bond with your baby. The parent with the longest list wins!

SAY: Ready? Set? Go!

Allow 30 to 60 seconds for participants to make their lists. Find out who has the longest list and ask them to read their list to the group.

Examples may include: holding, playing with, feeding, bathing, putting baby to sleep and walking in stroller.

SAY: When spending quality time together, think about connecting with the five senses that your baby is discovering as they grow. Appropriately activating your baby's senses makes your baby feel good and it makes bonding more exciting for you, as well.

Skip the paragraph below if handouts are not available.

SAY: Please follow along with the *Ways to Bond with Your Baby* handout. We won't cover everything, so I encourage you to read this later. You will be amazed to see how your baby learns!

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SAY: Sense of touch. Your baby's skin is ultrasensitive. They can actually feel your body's vibration before you touch them, so imagine that their skin starts 5 inches from where it really does and watch them respond! Because their skin is so sensitive, always use a gentle touch when:

- Holding
- Kissing
- Bathing
- Massaging

SAY: The thought of giving your baby a massage may be foreign to you, but if you enjoy a nice massage from time to time, you can bet your baby will, too! Consider taking a class on proper technique. Your baby will love it!

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SAY: Sense of sight. Your newborn can see best at 8 to 12 inches away. Their eyes are sensitive to bright light, so they are more likely to open their eyes in low light. Babies like to look at:

- **Your face.** Human faces intrigue babies, so exaggerate your facial expressions and watch your baby respond.
- **Contrasting patterns and shapes** (e.g., black-and-white pictures or toys with distinct shapes).
- **Bright colors** (instead of pastels or objects with a lot of similar colors).
- **Slow movement** (e.g., a mobile rotating slowly above their crib).

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SAY: Sense of sound. While in the womb, your newborn could hear their mother's heartbeat, sounds from her digestive system and muffled external sounds, such as the voices of family members. Once they are born, their favorite sounds tend to be:

- **Your tone** (e.g., reading, talking, singing to your baby). Do not feel as if you have to sing a lullaby; singing your favorite song is bonding just the same!
- **Familiar sounds** (e.g., water, even from the dishwasher or washing machine, may remind them of the womb).
- **Music and instruments.** Introduce them to a variety of music and pay attention to their preferences. Do they like classical, jazz, country, hip-hop or rock?

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SAY: Sense of smell. The ability to smell is one of the earliest senses to develop. While in the womb, babies can smell the food Mom is eating and they can detect offensive odors. For example, babies will cringe at the odor of cigarette smoke. Your baby will respond to:

- **Familiar scents** (e.g., Mom, Dad, siblings, pets, etc.).
- **Pleasant aromas** (e.g., sweet smells, lavender and lemons).
- **Unpleasant odors** (e.g., cigarette smoke and their dirty diaper).

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SAY: Sense of taste. By the time babies are born, they have nearly double the amount of taste buds of an adult. Flavors are much more intense to them, which explains why children absolutely love certain foods and absolutely detest others. Newborns tend to enjoy sweet foods and dislike sour or bitter tastes. Their reactions to salty foods appear at around five months of age.

SAY: Whether your baby is breast-fed or bottle-fed, multiple feedings throughout the day give you many opportunities to bond.

- **Nursing or bottle-feeding.** Make eye contact with your baby and talk or sing to them.
- **Exploring new foods.** Use facial expressions and words like “yum” to build their interest in new foods.

SAY: Another way to bond and care for your baby is to be aware of their emotions and respond to their needs by making sure they are clean and comfortable, which brings us to our next activity.

Slide 4: Activity: Diaper Changing 101



SAY: This activity is called “Diaper Changing 101.” It will test your knowledge on how to change your baby’s diaper. The instructions were adapted from the American Pregnancy Association.

ASK: What items are needed to change your baby’s diaper?

Responses may include diaper, wet wipes, the baby, powder, etc.

SAY: In addition to the baby, you will need three to five items:

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- A clean diaper
- Wet wipes or a wet, warm wash cloth (use mild wipes for newborns)
- A clean, safe place with a flat surface (e.g., changing table or pad, a bed, the floor)
- Burp cloth or hand towel (optional)
- Baby powder, lotion and/or diaper rash ointment (optional)

ASK: In what order will you use these items?

Correct answer:

- *A safe place with a flat surface*
- *Burp cloth or hand towel*
- *Wet wipes or a wet warm wash cloth*
- *A clean diaper*
- *Baby powder, lotion and/or diaper rash ointment*

Use humor to comment on how well the participants are doing. Example: "It looks like we have some veteran diaper changers among us!" Or "It sounds like some of us are diaper-challenged."

SAY: Now it is time to see whether you know how to put these items to use. I will describe steps on how to change a baby's diaper. It is your job to tell me whether my technique is correct or incorrect.

[CLICK to animate each step]

Step 1: Lay your baby down in a safe place with a flat surface. If using a changing table, use the safety straps to prevent your baby from falling.

ASK: How am I doing so far? Am I correct or incorrect?

Answer: Correct.

Step 2: Untape the soiled diaper and remove it. Use the optional burp cloth to cover your nose.

Answer: Incorrect. You should untape the soiled diaper but do not remove it yet. This is just in case your baby has not finished eliminating. Also, the optional burp cloth is to place over the baby, especially when changing little boys — if you get the hint.

Step 3: Clean the diaper area with a wet wipe, wiping from front to back. Be sure to thoroughly clean between the skin folds.

Answer: Correct. It is very important to wipe from front to back to prevent bacteria from spreading and causing an infection. This is especially important when changing girls.

Step 4: Open the clean diaper. Lift the baby's legs, slide out the soiled diaper and replace it with the clean diaper with the tape on top. Flush the soiled diaper down the toilet.

Answer: Incorrect. The taped side of the diaper should be underneath. Also, never, ever flush the diaper down a toilet.

Step 5: If you are using lotion, baby powder or diaper rash cream, apply it now. Then, pull the front of the diaper through your baby's legs. Grab some masking tape and wrap it around your baby's waist.

Answer: Incorrect. Unless your supply of diapers is defective, you will not need masking tape to get the job done. Simply release the tape from the bottom side of the diaper and secure it to the front of the diaper.

Bonus: And finally, a bonus question for all the experienced parents. To make sure the diaper is not too tight or too loose, make sure you are able to slide your pinky finger in the top front of the diaper.

Answer: Incorrect. You should test for comfort by sliding two fingers in the front of the diaper.

SAY: Good job, parents! As a final tip, please remember to wash your hands thoroughly.

SAY: Changing your baby's diapers may seem intimidating at first, especially if you are not used to being around babies. Try not to overthink the steps and you will soon be a diaper-changing professional!

Slide 5: Activity: *Lightning Round Trivia*



This is a fast-paced game. Correct incorrect responses and elaborate on correct answers, if necessary. Quickly move on to the next question.

SAY: It is time for *Lightning Round Trivia*. This game will test your baby IQ.

This is a fast-paced game. I will call out a question and point to someone in our workshop today. If I point to you, you will answer the trivia question as quickly as you can. Do not dwell on the question; go with your gut. If you respond incorrectly, I will supply the correct answer.

ASK: Are there any questions?



Participants may not know many of the answers. The purpose of this activity is to provide correct information while playing the game.

Question 1: Babies recognize their mother's voice at birth. How long does it take a baby to recognize their father's voice?

- a. 23 hours
- b. 14 days (**answer**)
- c. 1 month

Question 2: How old are most babies when they sleep through the night?

Answer: Anywhere from six weeks to 2 or 3 years old.

Question 3: To check a bottle, shake a few drops of milk on what part of your body?

Answer: Inner wrist. The milk should be lukewarm, not hot.

Question 4: Give your newborn a sponge bath until this falls off and heals completely ...

Answer: Their umbilical cord (one to four weeks). If your baby boy is circumcised, give him a sponge bath until the circumcision heals completely (one to two weeks).

Question 5: True or false: Shaken baby syndrome is an illness in which your baby shakes uncontrollably.

Answer: False. Shaken baby syndrome (also known as non-accidental head injury [NAHI]) is a head trauma that results from the violent shaking of an infant. The No. 1 reason parents or caregivers shake babies is inconsolable crying.

Shaking your baby is a form of child abuse that can cause death or severe disability. If you feel overwhelmed, it is OK to put your baby in a crib for a few minutes, walk away and calm yourself. Call a friend or a neighbor, or have someone give you a break if you need it. Never shake your baby, whether in play or in frustration.

Question 6: Studies show that the safest way to put your baby to sleep is ...

- a. Laying your baby on his or her back
- b. Making sure nothing covers your baby's head
- c. Removing pillows, blankets and crib bumpers from your baby's sleeping area
- d. All the above **(answer)**

It is not safe to sleep with your baby in a bed, couch or chair. Babies are safest when placed on a firm sleep surface, in a safety-approved crib, covered by a fitted sheet and placed near your sleeping area. Also, do not smoke or let anyone smoke around your baby. Following these simple guidelines can help protect your baby against sudden infant death syndrome (SIDS).

Question 7: Name one way to recognize when your baby is ill.

Answer (accept any of the following): change in appetite, diarrhea, pulling on ear, fever, nasal congestion, continuous crying, vomiting, low energy or sleeping more than usual.

Question 8: True or false: The phrase "red, white and blue crying" explains how to respond if you cannot stop your baby from crying.

Answer: False. The term is "purple crying." The period of purple crying describes the time in a baby's life when they cry more than any other time. Not being able to soothe your baby does not make you a bad parent.

Question 9: True or false: A baby can drown in the bathtub filled with less than 1 inch of water.

Answer: True.

Question 10: When is solid food typically introduced to a baby?

- a. 2 to 3 months
- b. 4 to 6 months **(answer)**
- c. 9 to 12 months

Most babies are ready for solid foods between 4 and 6 months old. Watch for signs and check with your baby's doctor to make sure they are ready. A few signs include good head control, sitting well when supported, a growing appetite, curiosity about you are eating. If your baby is ready, start with low-allergy foods, such as baby rice cereal mixed with formula or apple puree.

Question 11: True or false: A well-baby check is a budget for monitoring baby expenses.

Answer: False. Well-baby checks are an important way to monitor your baby's growth and development. The pediatrician will give your baby a head-to-toe exam, evaluate their motor skills and provide proper vaccines. The first well-baby visit is usually within three to five days after birth, with additional exams every two to four months for the first year.

BONUS: Name one thing you know about the Navy's New Parent Support Home Visitation Program (NPSHVP).

Answer: Accept any of the following:

- Provides parenting education and support services for active-duty and active-duty Reserve families
- A home visitor comes to your house to help you adjust to having a new baby
- For expectant parents and parents with children under the age of 4
- Deployed families may get priority services
- A voluntary program

Do not accept any responses that state the program is for "mothers." Emphasize that the program is for parents.

SAY: Sometimes we need extra support to help us bond with our babies. The FFSC and the *New Parent Support Home Visitation Program* are excellent resources to help parents balance the demands of parenting with the military lifestyle.

Adapting to Change (10-12 minutes)

Slide 6: And Baby Makes (3, 4, 5 ...)



SAY: It is time to talk about embracing and adapting to the change that baby brings.

SAY: Your family is growing! But let us be honest, as excited as you are about your new baby, your newest addition to the family will dramatically change your life.

ASK: What changes are you anticipating?

Solicit two or three responses from the group. Responses may include less time with my spouse/partner, less "me" time, exhaustion or increased expenses.

SAY: For months, preparations have been made to help your baby transition into the world. Yet most new parents neglect to address how they will adjust to the inevitable lifestyle changes they are about to encounter.

SAY: Let us discuss three major adjustments will have to make. You will need to adjust to ...

- Your baby's schedule.
- Time with your partner.
- Time for yourself.

Slide 7: Your Baby's Schedule



SAY: Most newborns sleep about 15 to 16 hours a day, so you would think that would be plenty of time to continue life as normal. Unfortunately, that is not the case.

SAY: Babies' sleep schedules are different from adults. They take several "naps" throughout the day and wake up ready for a feeding every two to four hours. By 4 months of age, most babies sleep up to eight hours. However, others do not sleep through the night until they are 2 or 3 years old. This means many nights of interrupted sleep for both parents.

ASK: Can you think of some ways to make sure you get plenty of rest, especially in the first few weeks?

Solicit two or three responses from new and experienced parents. Responses may include napping when the baby naps or you and your spouse/partner take turns getting up with the baby.

SAY: Raise your hand if you have family or close friends who plan to visit and help you adjust. Having help from grandparents or relatives in your home is invaluable, but it is not always possible.

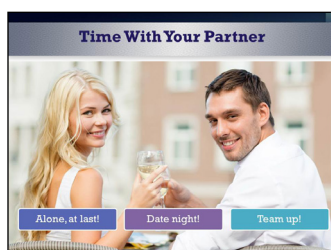
SAY: Here are three tips to help you get the rest you need.

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1. **Ask for help.** Ask someone you trust for help. This person does not have to be a long-term houseguest. You can ask a trusted neighbor to come by for a few hours and allow your mind and body to get the break it craves.
2. **Keep visits short.** Unless your guests come by to help, consider keeping their visits short. Do not feel guilty for politely letting them know it is time to go. Your rest is more important than entertaining.
3. **Learn to let go.** If you have an opportunity to take a power nap, clean house or mow the lawn, pick the power nap. At this stage of the game, sleep trumps a spotless house and manicured lawn.

SAY: Some babies are night owls. They like to sleep during the day and are up all night. If this is your baby, create a bedtime routine and follow it every night. For example, start with a bath followed by a bedtime story. This will help your baby to make the connection that crib time means sleep time.

Slide 8: Time with Your Partner



ASK: How do you think your relationship with your spouse or partner will change?

Responses may include less time with each other, less romance or more closeness due to sharing love for the baby.

ASK: When your household grows from two to three or more, your needs as a couple may compete with your baby's needs. What are some ways to take time with your partner?

Solicit two or three responses from new and experienced parents. Responses may include establishing a date night, hiring a baby sitter, scheduling time when the baby is asleep, or enjoying taking care of the baby together.

SAY: Believe it or not, a baby can evoke surprising feelings of jealousy. One parent may become jealous because the baby takes so much time and attention from the other parent. These feelings are normal and they will pass quickly if you remember to take time with one another.

SAY: A new baby can be an opportunity for couples to get closer. Here are three tips to help:

[CLICK to animate each step]

1. **Alone, at last!** Find time to be alone together, even if it is 10 minutes before you fall asleep. Talking about the joys and challenges of being new parents is a good idea, but remember to honor your other interests as well.
2. **Date night!** Many new parents feel guilty for needing a break from their baby. Remember that it is OK to escape the wonderful world of parenting for a few hours every now and then. Give yourself permission to get a trusted baby sitter and have some fun!
3. **Team up!** Taking care of your baby takes a lot of time, so imagine how much time you will have with your partner if you take care of the baby together. For example, instead of watching TV while your partner puts the baby to sleep, make your baby's bedtime routine a family event where you bathe, read a bedtime story and tuck your baby in the crib together.

SAY: It is hard to get along when you are tired. Make the extra effort to be good to each other. All parents need to hear what they are doing well. Applaud yourself and your partner for managing another shift of feedings, diaper changes and baby bonding. Remember, you need each other and your baby needs you both!

Slide 9: Time for Yourself



SAY: In addition to taking care of your baby and balancing time with your partner, it is important for you to take time for yourself.

ASK: How can you ensure you get time for yourself?

Responses may include scheduled time to pursue outside interests, maintain a social life, take advantage of when the baby is sleeping to do something enjoyable.

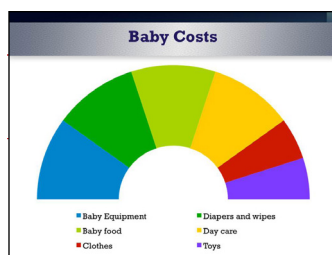
SAY: Here are a few tips to help you maintain your identity as an individual:

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- Liberty, liberty, liberty! Take turns giving each other time off from parenting responsibilities. Caring for a baby is a full-time job, and each parent needs to take a break.
- Mini-vacation. Because your baby takes several naps during the day, use one of their naptimes as a mini-vacation. Do whatever is enjoyable to you: read a book, exercise, catch up on TV, etc. Remember, this is a “mini-vacation.” Do not use this time to do chores ... unless you like cleaning gutters or folding laundry.
- Hang out. Interact with other new parents regularly. Talking with someone who can relate to the joys and challenges of having a new baby is encouraging. You can find other parenting groups through the NPSHVP resources, social media sites or try an internet search for local play date groups.

SAY: If you are not able to get some time alone, get out of the house and take your baby with you. A walk around your neighborhood or at the park can be energizing for both you and your baby. Also, time outdoors often helps babies sleep better.

Slide 10: Baby Costs



Recommend the Navy-Marine Corps Relief Society; they offer budgeting for baby classes and/or provide free baby's first seabag.

SAY: Another change you should expect concerns your family finances.

ASK: What do you think is the average cost for a baby's first year?

- \$9,000
- \$15,000
- \$12,500 **(answer)**
- \$34,000

SAY: The average cost of a baby's first year is approximately \$12,500, not including health care. Some of your expenses will include:

- Baby equipment (crib, car seat, stroller, etc.).
- Diapers and wipes.
- Food (formula and baby food).
- Day care.
- Clothes.

SAY: You can save money on first-year expenses by opting for good-quality, secondhand items, including baby furnishings, equipment, cloth diapers, and clothes.

ASK: But parenting does not stop after the first year. What do you think is the average cost of raising a child until age 18?

- a. \$182,000
- b. \$245,000 **(answer)**
- c. \$304,000 **(answer)**
- d. \$525,000

SAY: The correct answers are “b” and “c.”

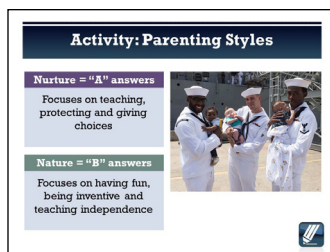
SAY: In 2014, the U.S. Department of Agriculture reported that middle-income families would spend an average of \$245,340 to raise a child until the age of 18. When you factor for projected inflation, the cost is approximately \$304,480. That averages to about \$17,000 per year.

SAY: As you can see, babies are expensive, so you will probably have to modify the family budget. Military sources of financial help include:

- FFSC Personal Financial Managers
- Command Financial Specialist
- Navy-Marine Corps Relief Society

SAY: Babies are game changers. But most will agree the change is for the better!

Slide 11: Activity: Parenting Styles Assessment



SAY: Our last activity is assessing our parenting style. There are several assessment types available. We will explore the “nature” and “nurture” assessment because it is simple and insightful.

SAY: Before we start, it is important to know that assessments are designed to provide a big-picture view of a situation. Assessments do not force you to fit into a mold. Your parenting style will be as diverse as your personality, experiences and beliefs.



If the Parenting Style Assessment handout is available, say the following paragraph. If handouts are not available, read each question and ask participants to record their answer (“A” or “B”) on a sheet of paper. If paper is not available, have participants keep “score” by using their hands. Have them raise one finger on their left hand for each “A” answer and a finger on their right hand for each “B” answer.

SAY: We will look at eight short scenarios. You are to pick a response to each situation that is most like you. There are no right or wrong answers.

1. How do you envision carrying your infant (e.g., whether in your arms or in a carrier)?
 - a. With your baby facing inward, safe and secure to your chest.
 - b. With your baby facing outward, so they can see the world.
2. Your little baby is learning to walk! He or she falls and scrapes their knee. Do you ...
 - a. Scoop them up and kiss their boo-boo.
 - b. Tell them they are OK and to keep playing.
3. Your child has been going to the potty by himself/herself for a few months. They ask you for help wiping their bottom. Do you ...
 - a. Stop what you are doing to help them.
 - b. Say, "You're a big boy, you can wipe yourself."
4. Your baby is now a toddler! For playtime, do you prefer to ...
 - a. Do a puzzle, color or read their favorite book together.
 - b. Have a pillow fight with the sofa cushions.
5. Your 3-year-old child points to a puppy and says, "Puppy." Do you ...
 - a. Take advantage of a teaching moment and go Wikipedia on them (e.g., "That's a poodle. Can you say, 'poodle'? Poodles were originally bred in Germany as a water dog. They are skilled in many dog sports like agility, obedience, tracking and even herding.")
 - b. Start making dog sounds with your child every time you see a puppy.
6. Your child is 4! For lunch, do you ...
 - a. Give them healthy options and let them choose (e.g., "Do you want red apple or yellow banana?").
 - b. Throw together whatever you can find and expect them to eat what you prepared.
7. During dinner, are you more likely to ...
 - a. Stick carrots in your ears and green beans up your nose to make your child laugh.
 - b. Teach your child good table manners so you will have less mess to clean up later.
8. Your child is now 5! Can you believe time went by so fast! You are at the park and "mini-you" is on the jungle gym. Do you say ...
 - a. "Be careful. You're climbing too high."
 - b. "Keep going! You're almost to the top!"

SAY: It is time to tally up your scores.

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SAY: Look at your responses, if you had more “A” answers, your predominate style is “nurture.” As a parent, you may focus on teaching, protecting and giving your child choices.

SAY: If you had more “B” answers, your predominate style is “nature.” As a parent, you may focus on having fun, being inventive and teaching your child independence.

SAY: I want to reiterate that one style is no better than the other. However, babies do notice the difference. For example, when a 2-month-old baby sees their “nurturing” parent, they tend to relax their shoulders and lower their eyelids, expecting a soothing interaction.

SAY: In contrast, when babies see their “naturing” parent, they tend to scrunch up their shoulders, breathe more rapidly and open their eyes wide, anticipating excitement.

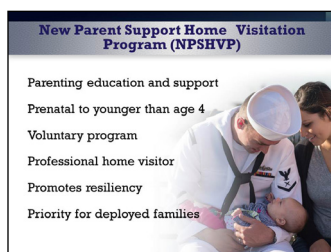
ASK: Do you think your partner’s parenting style is the same or different from yours?

SAY: In a home where parenting styles differ, children will grow up and learn that there are different approaches to life.

SAY: In a household where parents share the same style, it is valuable for them to shift from their norm at times and incorporate characteristics of their opposite style. This example will show their children that their reactions can be adjusted based on what works best in each situation.

Closing (3 minutes)

Slide 12: New Parent Support Home Visitation Program



SAY: Our training time is almost up. Before we leave, I want to tell you something very important. Do not expect perfection: from yourself, your partner or your baby. The super-families you see on television are not real people. Everyone makes mistakes. The goal is a happy, healthy family, and it is OK to need help achieving that goal.

SAY: The Navy’s New Parent Support Home Visitation Program (NPSHVP) provides parenting education and support services to expectant and new parents with children younger than age 4. The program is designed to empower Service members to meet the challenges of parenthood and their military lifestyle.

SAY: NPSHVP is a voluntary program. Participating families receive home-visitation services from a professional home visitor. The program promotes family resiliency and fosters healthy parenting skills and attitudes.

SAY: Deployed families may get priority services.



If you have made the Deployment Support Handbook available on the Intranet, refer participants to it. If it is not available, let them know that their friends and family at home may have received it at a deployment briefing or they can check the FFSP website or go to their local FFSC.

SAY: The *Handbook* has pre-, mid- and post-deployment tips that may have been helpful for your family and friends back home. It also includes installation, community and national resources to help you experience a positive homecoming.

Slide 13: Closing



SAY: Thank you for your attention during training today and congratulations on becoming a new parent!

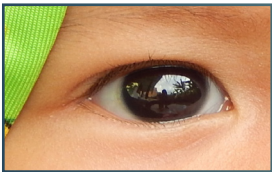
NEW PARENTS

Ways to Bond with Your Baby



Sense of touch. Your baby's skin is ultrasensitive, so imagine that their skin starts 5 inches from where it really does. Your baby can actually feel your body's vibration before you touch them. Because they are so sensitive, always use a gentle touch when:

- **Holding.** Skin-to-skin contact is especially comforting to your baby. Laying your baby on your chest helps regulate their breathing and body temperature.
- **Kissing.** Although your baby may not be able to imitate a kiss until around 1 year old, they are aware of the gentle touch of your lips on their cheek, tummy or feet.
- **Bathing.** Bath time can be very relaxing for an infant, so if your baby enjoys the bath, give some extra time to splash and explore the water.
- **Massaging.** Everyone loves a good massage, including your baby! In addition to helping your baby feel loved, massaging promotes better sleep, improves blood circulation, boosts your baby's immune system and does so much more. Learn the proper technique by taking an infant massage class.



Sense of sight. Your newborn can see best at 8 to 12 inches away. They can begin to make eye contact and become familiar with your face. Your baby's eyes are sensitive to bright light, so they are more likely to open their eyes in low light. Babies like to look at:

- **Your face.** Human faces intrigue babies, so be intentional with your facial expressions and watch your baby respond.
- **Patterns and shapes.** Contrasting images, such as black-and-white pictures or toys with distinct shapes, will attract and keep your baby's interest. A simple line drawing of a smiley face will make their eyes happy and help them to focus.
- **Bright colors.** Babies prefer to look at bright, contrasting colors, as opposed to objects with many similar colors. Consider this when decorating their room and when playing with toys.
- **Slow movement.** Babies enjoy tracking slow-moving objects that are at a short distance, whether it is a mobile rotating above their crib or watching you move about the room.



Sense of sound. While in the womb, your newborn could hear their mother's heartbeat, the murmur of her digestive system, and external sounds, such as the muffled voices of family members. Once they come into the world, their favorite sounds tend to be:

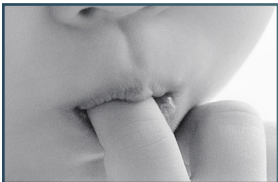
- **Your voice.** Your caring tone is your child's favorite thing to hear. When they are upset, the sound of your voice can often settle them. Talking, reading and singing to your baby will stimulate the parts of the brain responsible for speech and language development.

- **Familiar sounds.** In addition to Mom and Dad's voice, babies appreciate familiar sounds. For example, water (even from the dishwasher or washing machine) may remind them of the womb. The gentle whirring of the clothes dryer can also be soothing.
- **Music and instruments.** Music stimulates a baby's creativity. Yes, even your high-pitched squeal can be music to your baby's ear. Pay attention to your baby's preferences when listening to different styles and genre of music. Do they prefer classical or jazz? Do they like the piano or do they prefer the flute?



Sense of smell. Smell is one of the earliest senses to develop in the fetus. By the end of the first trimester, your baby can smell the food that Mom is eating. They are also clearly aware of bad smells. For example, a baby in the womb will actually cringe when they smell cigarette smoke. Once born, they acquaint themselves to the world using smell more than any other sense. Babies will respond to:

- **Familiar scents.** By the first week of life, an infant can tell the difference between the scent of their mother's breast milk and that of another mom. Babies are also aware of other familiar smells, such as Mom, Dad, older siblings and even family pets.
- **Pleasant scents.** Sweet smells, lavender and lemon are popular scents for babies.
- **Unpleasant odors.** Notice how your baby turns his or her head when they smell something unpleasant. Cigarette smoke and their own dirty diapers are smells that make a baby grimace.



Sense of taste. By the time babies are born, they have nearly double the number of taste buds of an adult. Flavors are much more intense to them, which explains why children absolutely love certain foods and absolutely detest others. Newborns tend to enjoy sweet foods and dislike sour or bitter tastes. Their reactions to salty foods appear at around five months of age.

- **Nursing or bottle-feeding.** Whether your baby is breast-fed or bottle-fed, multiple feedings throughout the day give you many opportunities to bond. While feeding, tune in to your baby's other senses by making eye contact and talking to your baby.
- **New foods.** Help your baby explore their taste buds. Sit your baby at the table during mealtime and engage them with facial expressions and words like "yum" to build their interest in new foods.

It is crucial for moms and dads to be aware of their baby's comfort and emotions. It is important to respond to your baby's cries. This, too, is a way to bond and instill trust. Your baby will become confident that you will attend to their needs.

NEW PARENTS

Parenting Style Assessment

1. How do you envision carrying your infant (e.g., whether in your arms or in a baby carrier)?
 - a. With your baby facing inward safe and secure to your chest.
 - b. With your baby facing outward, so they can see the world.
2. Your little baby is learning to walk! He or she falls and scrapes their knee. Do you ...
 - a. Scoop them up and kiss their boo-boo.
 - b. Tell them they are OK and to keep playing.
3. Your child has been going to the potty by himself/herself for a few months. They ask you for help wiping their bottom. Do you ...
 - a. Stop what you are doing to help them.
 - b. Say, "You're a big boy/girl, you can wipe yourself."
4. Your baby is now a toddler! For playtime, do you prefer to ...
 - a. Have a pillow fight with the sofa cushions.
 - b. Do a puzzle, color, or read their favorite book together.
5. Your 3-year-old child points to a puppy and says, "Puppy." Do you ...
 - a. Go Wikipedia on them (e.g., "That's a poodle. Can you say, 'poodle'? Poodles were originally bred in Germany as a water dog. They are skilled in many dog sports like agility, obedience, tracking and even herding.")
 - b. Start making dog sounds with your child every time you see a puppy.
6. Your child is 4! For lunch, do you ...
 - a. Give them healthy options and let them choose (e.g., "Do you want red apple or yellow banana?").
 - b. Throw together whatever you can find and expect them to eat what you prepared.
7. During dinner, are you more likely to ...
 - a. Stick carrots in your ears and green beans up your nose to make your child laugh.
 - b. Teach your child good table manners so you will have less mess to clean up later.
8. Your child is now 5! Can you believe time went by so fast! You are at the park and "mini-you" is on the jungle gym. Do you say ...
 - a. "Be careful. You're climbing too high."
 - b. "Keep going! You're almost to the top!"



SCORING:

If you have more "A" responses, your predominate style is "Nurture."

Nurture responses: 1a, 2a, 3a, 4b, 5a, 6a, 7b, 8a.

If you have more "B" responses, your predominate style is "Nature."

Nature responses: 1b, 2b, 3b, 4a, 5b, 6b, 7a, 8b

Nurturing parents tend to interact with their children in a more caring and giving way. This will help their child develop strong social skills by connecting to their own emotions and the emotions of others.

Nurturing parents:

- Focus on protecting their child and keeping them close to the family.
- Teach their child independence through oral instructions and offering choices.
- Show more empathy and compassion.
- Consider their child's feelings when making decisions.
- Explain things in detail and are willing to repeat instructions frequently.
- Ask their child questions to understand what they are thinking and feeling.
- Stick with calm, familiar routines to keep stress at bay.
- Demonstrate behaviors that place emphasis on good manners, friendliness and emotional intelligence.
- Are protective and teach their child to be cautious. "Better to be safe than sorry," may be their motto.

Naturing parents tend to interact with their child in a more spontaneous and physical way. This will help their child develop a strong awareness of their body, increase coordination and challenge their own physical abilities.

Naturing parents:

- Focus on achievement and independence.
- Teach their child independence through learning to do things on their own or with little help.
- Use direct communication when giving their child instruction.
- Expect their child to do what they already know how to do without asking for help.
- Demonstrate behaviors that place emphasis on putting forth a strong effort, goal setting and achievement.
- Are comfortable going with the flow instead of following rigid routines.
- Enjoy playful interactions such as teasing, joking around, slapstick-type humor, etc.
- Encourage their child to take risks and be inventive.
- Believes learning life's hard lessons will help their child be a successful adult.