

G. I. F. T. PARENTING FOR BABIES

0 - 5 MONTHS

GROWING INCREDIBLE FAMILIES WITH TOUCH

*Let your first gift
to your baby
be the incredible parent
you can be through
G.I.F.T. Parenting!*



Discover useful information and practical skills to help you manage, nurture & bond with your newborn
Adapted from "Incredible Years"

Topics include learning how to:

- Feed and burp baby
- Bathe your baby and change diapers
- Manage fussy behaviours of your baby
- Create bedtime routines
- Understand the different signals when your baby cries
- Be a responsive communicator through talking, singing and reading to your baby
- Provide physical, tactile and visual stimulation for your baby
- Manage parental worries, get support and practise self-care

“ It provides insightful information especially for first time parents who have little or no idea about parenting. ”

“ This course teaches you the basics of taking care of a child and provides you the hands-on skills on how to handle a newborn. ”

“ It provides practical tips on caring for my baby, and the trainer is very experienced and knowledgeable. He is able to answer our questions. ”

For enquiry, please e-mail
parenting@touch.org.sg

G. I. F. T. PARENTING FOR BABIES & TODDLERS

6 - 36 MONTHS

GROWING INCREDIBLE FAMILIES WITH TOUCH



*Let your first gift
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Discover useful information and practical skills to help you
manage, nurture & bond with your baby / toddler

Adapted from "Incredible Years"

Topics include learning how to:

6 to 12 months

- Understand social, emotional and physical changes in your baby
- Transit your baby to solid foods
- Help your baby to learn and communicate

12 to 36 months

- Foster good play skills for your toddler's development and build positive relationship
- Coach your toddler to promote language, social and emotional competence such as reading readiness, sharing, self-regulation, etc.
- Use praise, encouragement and incentives to teach your toddler skills like toilet training
- Handle separations and predictable routines
- Use positive discipline to set limits and handle misbehaviour of your toddler

“ It provides a structure to help you be intentional about bringing up your child. ”

“ It is well researched and organised. The models and principles used are relevant and effective for parenting young children. The slides and teaching are clear to understand. ”

“ The course helps me to understand parenting and my baby better. It also answers my concerns on parenting. ”

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