## G. I. F. T. PARENTING FOR BABIES

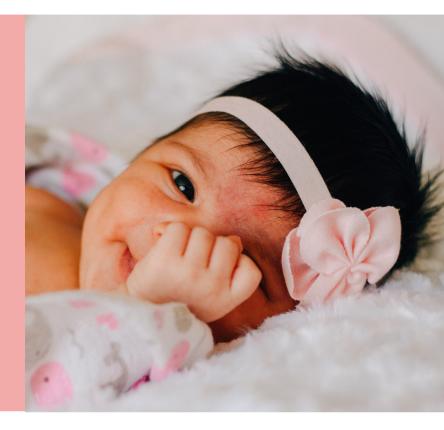
## 0 - 5 MONTHS

#### **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 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 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

- 66 It provides a structure to help you be intentional about bringing up your child.
- 66 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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