

Incredible Years Babies Program Survey

First & Last Name: _____

Date: _____

Baby's Birthdate (month/day/year): _____

Test Type:

- Pre-Test Post-Test

Gender Identity:

- Female Male Other

Age: _____

Would you describe yourself as:

- Asian American Indian/Alaskan Native Black or African American
- Caucasian/White Native Hawaiian/Other Pacific Islander More Than One Race
- Unknown

Ethnicity:

- Hispanic or Latino Not Hispanic or Latino

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Parents learn from their experiences interacting with their baby. Use this inventory to think about your strengths and what parenting strategies and activities work or don't work with your baby. Your answers will be kept confidential.

When I play with my baby:

	Never	Rarely (Monthly)	Sometimes (Weekly)	Often (Daily)	Consistently (Multiple Times a Day)
1. I have fun playing games with my baby such as peekaboo.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I sing to my baby.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I read books to my baby.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I give my baby massages.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I find it hard to find time to play with my baby.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I talk and speak "parent-ese" to my baby and describe my actions as well as my baby's actions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I do baby physical exercises (tummy time, pull ups, walking, etc.).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I provide visual stimulation for my baby (e.g. toys, hanging objects).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I use hand puppets with my baby.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I smile at and praise my baby.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I mimic and imitate my baby's sounds.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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	Never	Rarely (Monthly)	Sometimes (Weekly)	Often (Daily)	Consistently (Multiple Times a Day)
12. I find it hard to be affectionate with my baby.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I use hand signals to communicate with my baby.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I tell my baby I love him or her.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I label my baby's positive emotions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When my baby is crying:

	Not At All Likely	Unlikely	Somewhat Likely	Likely	Very Likely
1. I find it hard to soothe my baby when s/he is crying.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I stay calm and use a calm down strategy when my baby is crying.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I figure out the reason for my baby's crying (hunger, dirty diaper, amount of stimulation needed).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I ask for help when I feel overwhelmed and stressed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I modulate the amount of stimulation my baby needs when s/he is crying.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I feel confident I can help my baby feel safe, loved and secure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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		Not At All Likely	Unlikely	Somewhat Likely	Likely	Very Likely
7.	I sing to my baby when s/he cries.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.	I label my baby's negative emotions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.	I yell at my baby when s/he cries too long.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.	I touch my baby in soothing and loving ways.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My baby's development:

		Never	Rarely	Sometimes	Often	Always
1.	I keep track of my baby's physical, motor and language developmental progress (e.g. journal).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.	I try to be flexible and baby-directed in terms of my baby's feeding schedule.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3.	I worry about my baby's sleep schedule and patterns.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4.	I plan activities I know will enhance my baby's language and physical development.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5.	I am comfortable calling the doctor or nurse when I am unsure whether my baby is sick or not developing normally.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.	I assess my home to make it baby proof and safe (e.g. have car safety seat, water heater turned down, have smoke detectors).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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		Never	Rarely	Sometimes	Often	Always
7.	I am worried about my baby's development.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.	I feel my baby is bonded to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.	I am baby-directed and put my baby in a central place in the household where s/he can see family action and I can talk to him or her.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.	I make everyday things such as diapering, feeding and bath time fun rituals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11.	I am baby directed in my feeding approach.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Caring for myself:

		Not At All	A Little	Somewhat	Often	Frequently
1.	I get a sitter so I have time for myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.	I know how to use calm down strategies when I am frustrated.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3.	I work at developing my family and friend support system.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4.	I pay attention to my needs for res and self-care (taking naps, time with friends, exercise).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5.	I find it helpful to share parenting ideas with other parents.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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	Not At All	A Little	Somewhat	Often	Frequently
6. I find it helpful to share my parenting worries with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I involve other family members in understanding my baby's interests and favorite games.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please select the degree to which you agree or disagree with the following items:

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1. I am happy in my role as a parent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Caring for my baby sometimes takes more time and energy than I have to give.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I feel overwhelmed by the responsibility of being a parent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I feel close to my baby.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I feel confident as a parent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>