

# Incredible Years Babies Program Survey (For Women without Children)

First & Last Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Test Type:**

- Pre-Test                       Post-Test

**\*Post-Test only: How many Incredible Years sessions did you participate in?** \_\_\_\_\_

**Gender Identity:**

**Age:** \_\_\_\_\_

- Female                       Male                       Other

**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

Using the scale below, indicate how likely you are to do each of the following with your baby:

	1 (Not at all likely)	2	3	4	5 (Extremely likely)
1. Play peek-a-boo	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Sing to them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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	1 (Not at all likely)	2	3	4	5 (Extremely likely)
3. Read books to them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Give them massages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Speak "parent-ese" to them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Do baby physical exercises with them (tummy time, pullups, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Provide visual stimulation for them (hanging objects, toys, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Use hand puppets with them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Smile at them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Praise them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Mimic and imitate their sounds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Use hand signals to communicate with them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Be affectionate towards them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Label their positive emotions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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	1 (Not at all likely)	2	3	4	5 (Extremely likely)
15. Tell them I love them	○	○	○	○	○
16. Keep track of my baby's developmental progress (like in a journal)	○	○	○	○	○
17. Be flexible and baby-directed in terms of the baby's feeding schedule	○	○	○	○	○
18. Plan activities to enhance my baby's language and physical development	○	○	○	○	○
19. Worry about my baby's sleep schedule	○	○	○	○	○
20. Worry about my baby's development	○	○	○	○	○
21. Put the baby where they can see family action and I can talk to them	○	○	○	○	○
22. Make things like diapering, feeding and bath time fun	○	○	○	○	○
23. Get a sitter so I have time for myself	○	○	○	○	○
24. Share parenting ideas with others	○	○	○	○	○
25. Share parenting worries with others	○	○	○	○	○
26. Involve family members in understanding my baby's interests and favorite games	○	○	○	○	○

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	1 (Not at all likely)	2	3	4	5 (Extremely likely)
27. Pay attention to my needs for self-care (naps, exercise, time with friends)	○	○	○	○	○

Using the scale below, indicate how confident you feel about each of the following:

	1 (Not at all confident)	2	3	4	5 (Extremely confident)
28. I will be able to soothe my baby when they are crying	○	○	○	○	○
29. I will be able to stay calm when my baby is crying	○	○	○	○	○
30. I will be able to figure out the reason why my baby is crying	○	○	○	○	○
31. I will ask for help when I feel overwhelmed or stressed	○	○	○	○	○
32. I can modulate the amount of stimulation when my baby is crying	○	○	○	○	○
33. I can help my baby feel safe, loved, and secure	○	○	○	○	○
34. Use touch to soothe my baby when they are crying	○	○	○	○	○
35. Sing in order to soothe my baby when they are crying	○	○	○	○	○
36. Calling the doctor or nurse when I have a concern about my baby	○	○	○	○	○

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	1 (Not at all confident)	2	3	4	5 (Extremely confident)
37. Make my home baby proof and safe	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38. Form a bond with my baby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39. Use calm down strategies when I get frustrated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
40. Develop a friend and family support system	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>