



## Daily Do...Prenatal 5 Steps to Success

Handout JS16

Ex: Grabbing a toy, crawling, standing up, walking, etc. Which new skill are you picturing your baby learning?

Ex: You watch your baby rock on their knees as they try to crawl. How do you think your baby will feel if they figure out the new skill on their own?

Ex: They begin fussing because they can't pull up to stand. What do you think you will enjoy the most about helping your baby learn new skills?

Ex: Scoot a toy closer to them that they're trying to grab without handing it to them. How do you think your baby will feel when you help them learn?

Ex: Say, "Yay! You tried so hard to walk. You took two steps." How might doing things like this make your relationship stronger with your baby?



**Cut out the steps below. With the support of your home visitor, paste each step with the correct example on your ladder.**

Step 1...Imagine your baby is interested in learning a new skill.

Step 2...Picture yourself giving your baby an opportunity to learn this new skill on their own.

Step 3...Imagine your baby is letting you know they need some help with learning this new skill.

Step 4...Picture yourself providing your baby with just enough help so that they can practice the new skill on their own.

Step 5...Imagine yourself letting your baby know you're proud of their efforts as you tell them what they learned.

Continued



**The potential payoffs that are important to me are:**

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Growing Great Kids™

D A I L Y D O

## Prenatal 5 Steps to Success

Building Self-Esteem and Supporting Learning

Handout JS16

Infants are born with a natural curiosity to figure out how the world works. From the first day your baby arrives, they'll be eager to learn new skills and concepts. By using 5 Steps to Success, you'll be able to support your infant with all their learning. In the meantime, we'll use our Prenatal 5 Steps to Success handout to prepare for all the new and exciting things that your baby will learn in the future.



### Step 1...Imagine your baby is interested in learning a new skill.

Ex: Grabbing a toy, crawling, standing up, walking, etc. Which new skill are you picturing your baby learning?



### Step 2...Picture yourself giving your baby an opportunity to learn this new skill on their own.

Ex: You watch your baby rock on their knees as they try to crawl. How do you think your baby will feel if they figure out the new skill on their own?



### Step 3...Imagine your baby is letting you know they need some help with learning this new skill.

Ex: They begin fussing because they can't pull up to stand. What do you think you will enjoy the most about helping your baby learn new skills?



### Step 4...Picture yourself providing your baby with just enough help so that they can practice the new skill on their own.

Ex: Scoot a toy closer to them that they're trying to grab without handing it to them. How do you think your baby will feel when you help them learn?



### Step 5...Imagine yourself letting your baby know you're proud of their efforts as you tell them what they learned.

Ex: Say, "Yay! You tried so hard to walk. You took two steps." How might doing things like this make your relationship stronger with your baby?



*What are the potential payoffs for parents and children when parents use 5 Steps to Success many times throughout the day?*

*Children may:*

- Feel more valued.
- Feel more competent.
- Be better able to concentrate on learning.
- Learn that the effort they put into something is as important as the accomplishment itself.
- Be more ready for learning in school.
- Feel that homework is easier to complete.
- Be more motivated and persistent in figuring out solutions.
- Feel more proud of their efforts and accomplishments.
- Learn to be more patient because they understand learning takes practice and effort.



*Parents may:*

- Feel they're more capable teachers.
- Find that learning is more fun for them and their children.
- Find that there is more family harmony.
- Feel less stressed because they know how to support their child's learning better.
- Develop more realistic expectations for their children.
- Find that family members learn to acknowledge and appreciate each other's accomplishments better.
- Find that their family is stronger because children and parents feel more confident and competent.
- Feel that their communities may have more value for putting effort into learning and accomplishing common goals.

