

## Touching Hearts Touching Minds Handout #5 Babies Blossom (Infant Development) Counseling Tool

### What is the key message?

- Parents have great power to help babies blossom and be the best they can be.

### Who should receive this message?

- Pregnant women.
- Parents and caregivers of babies from birth to a year.

### How can this message be used?

#### Open:

- Think back to your childhood. We all remember people who had a great impact on our lives when we were younger. Who was influential to you when you were growing up?
- How did they impact your life?

#### Dig:

- Your baby trusts you to create a lifetime foundation of love. What do you do everyday that lets your baby know you love her and that she can trust you?
- How is your love helping your baby blossom?

#### Connect:

- (Give parents the handout and ask them to read the top ten list.) Which of these actions *protects* your baby?
- Which of these actions *enriches* your baby's life?
- How will what you feed your baby today make a difference to her tomorrow?
- Someday your baby will tell others how you protected and enriched her life.
- What do you want her to say about you?



**Act:**

- What food-related actions will you do this week to protect and enrich your baby's life?
- What other actions will you try this week to give your baby a great start in life?

