

# CONVERSATION STARTERS AND AFFIRMATIONS

## *Look, Recognize, Respond*

Use these ideas to start talking to caregivers about interacting with their babies.

### LOOK:

- What a wonderful/handsome/cute baby!
- What a cute outfit your baby is wearing.
- Your baby is adorable/is so alert/looks so healthy.
- Look at her... how sweet...
- That's really great that you have your baby close to you (affirm).

### RECOGNIZE:

- Aren't babies amazing! They can tell us what they want by the way they look and act.
- Every baby is different, but I think your baby might be telling you...
- What do you think your baby is telling you?
- What do you think your baby needs right now?
- You really seem to know what your baby is telling you (affirm).

### RESPOND:

- Let's try... and see what happens.
- What else might you do?
- It looks like your baby is ready to play (or is hungry or needs something to be different).
- Look how he calms down when you hold him (affirm).
- I really like the way you responded to your baby (affirm).



Source : NCAST Learning Resource Manual, Barbard, 1978.