

Stage One – “Being” from Birth to about 6 Months

The first state is about deciding to be, to live, to thrive, to trust, to call out to have needs met, to expect to have needs met, to be joyful. These decisions are important to nourish and amplify throughout our whole lives.

Helpful parent behaviors:

- Affirm the child for doing developmental tasks
- Provide loving, consistent care
- Respond to infant’s needs
- Think for the baby
- Hold and look at baby while feeding
- Nurture by touching, looking, talking, and singing
- Get help when unsure of how to care for baby
- Be reliable and trustworthy
- Get others to nurture you

Unhelpful parent behaviors:

- Not responding to the baby’s signals
- Not touching or holding enough
- Rigid, angry, agitated responses
- Feeding before baby signals
- Punishment
- Lack of healthy physical environment
- Lack of protection, including from older siblings
- Criticizing child for anything
- Discounting

Job of the child:

- To call for care
- To cry or signal to get needs met
- To accept touch
- To accept nurturing
- To bond emotionally, to learn to trust caring adults and self
- To decide to live. To be