



Self-Assessment

Name: _____

Date: _____

Before the training: Place a ✓ in the box that best represents your current comfort level.

After the training: Place a ✓ in the box that best represents your new comfort level.

1 = Very uncomfortable 2 = Uncomfortable 3 = Neutral 4 = Comfortable 5 = Very comfortable

	Before					After				
	1	2	3	4	5	1	2	3	4	5
General										
I am comfortable with my ability to . . .										
Engage young babies in play, respond to their needs, and soothe them when they are upset.										
Partner with families of young babies to support their children's learning.										
Build a Special Bond with Each Baby										
I am comfortable with my ability to . . .										
Tune in to a young baby's communications and make an emotional connection.										
Follow a young baby's lead.										
Get to know young babies as individuals.										
Talk Together—All Day Long										
I am comfortable with my ability to . . .										
Talk with young babies a lot throughout the day.										
Engage a young baby as we talk face-to-face.										
Take turns vocalizing and responding as we talk back and forth.										
Use language to help babies know what is happening and what will happen.										
Help Babies Connect with Their World										
I am comfortable with my ability to . . .										
Offer young babies interesting things to explore.										
Provide just enough help to keep babies engaged.										
Offer babies opportunities to practice emerging motor skills.										
Comment on, encourage, and celebrate babies' discoveries.										