

## Visit 1 – The Home Environment - Homework

*There is a direct relationship between doing the homework and success in applying the principles. You will need more than just a casual understanding of what you are about to learn. You may be asked to share some of your insights and discussions of the following questions.*

- 1. PFP Manual - Read Chapter 1 - Right Beginnings.**
- 2. Take note of any “take-away” moments or any questions while watching video or reading.**
- 3. You can start a habit of couch-time right now, it's an ideal opportunity to do homework together and discuss what you're learning.**
- 4. Answer Questions for Review below.**

### Questions for Review

- 1. How would you summarize the major theme of the chapter?**
- 2. List and offer a short explanation of the three great influences on a child’s life?**
- 3. A healthy vibrant marriage relationship provides children with what?**
- 4. Do children make a family or do they expand the family? Explain your answer.**
- 5. What is Couch Time?**

## Visit 2 – The Ripple Effect Principle– Homework

*There is a direct relationship between doing the homework and success in applying the principles. You will need more than just a casual understanding of what you are about to learn. You may be asked to share some of your insights and discussions of the following questions.*

1. **PFP Manual - Read Chapter 2 - Feeding Philosophies and Chapter 3 - Babies and Sleep.**
2. **Take note of any “take-away” moments or any questions while watching video or reading.**
3. **Continue Couch time to discuss what you are learning.**
4. **Answer Questions for Review below.**

### Questions for Review

1. **What is the “Ripple Effect” and how does it apply to infant feedings?**
2. **During the 20<sup>th</sup> century, what were the two predominant views of baby management? What did they emphasise?**
3. **What is the birth-trauma theory? What does it require from a mother?**
4. **How is *Parent-Directed Feeding* philosophy different from demand-feeding?**
5. **How and why do feeding philosophies impact night time sleep?**
6. **Explain the relationship between babies who get full feedings and night time sleep?**
7. **Where does optimal alertness come from?**
8. **What is a “sleep prop?”**
9. **What does the American Academy of Paediatrics say about co-sleeping with an infant?**

## Visit 3 – The First Ten Days – Homework

*There is a direct relationship between doing the homework and success in applying the principles. You will need more than just a casual understanding of what you are about to learn. You may be asked to share some of your insights and discussions of the following questions.*

1. **PFM Manual - Read Chapter 4 - Facts on Feeding and Chapter 5 - Taking Care of Baby and Mum.**
2. **PFM Manual – Read Appendix 1 – What to Expect and When, Appendix 2 – Your Baby’s Growth., and Appendix 6 - Monitoring Your Baby’s Growth.**
3. **Take note of any “take-away” moments or any questions while watching video or reading.**
4. **Continue Couch time to discuss what you are learning.**
5. **Answer Questions for Review below.**

### Questions for Review

1. **List the basic infant hunger cues.**
2. **Please finish the rest of the sentence: The Parent-Directed Feeding approach not only provides for sufficient demand but also promotes:**
3. **List two indicators that your baby is receiving enough milk for healthy growth.**
4. **What is colostrum and when does a baby receive it?**
5. **What is the difference between foremilk and hindmilk?**
6. **What is the PDF first rule of feeding?**
7. **Why should you not be thinking about sleep training for the first ten days? Explain your answer.**
8. **In terms of averages, when should a parent be expecting baby’s first and second growth spurt?**
9. **As it relates to infants, what is the difference between ‘spitting up’ and ‘projectile vomiting’?**

## Visit 4 – The First Month – Homework

*There is a direct relationship between doing the homework and success in applying the principles. You will need more than just a casual understanding of what you are about to learn. You may be asked to share some of your insights and discussions of the following questions.*

1. **PFP Manual - Read Chapter 6 - Managing Your Baby's Day, Chapter 7 - Waketimes and Naps, and Chapter 8 - When Your Baby Cries.**
2. **PFP Manual – Read Appendix 3 – Colic and Reflux, and Appendix 5 – Problem Solving.**
3. **Take note of any “take-away” moments or any questions while watching video or reading.**
4. **Continue Couch time to discuss what you are learning.**
5. **Answer Questions for Review below.**

### Questions for Review

1. **What is the first PDF feeding rule covering the first ten days to two weeks?**
2. **Explain why you do not have to begin actively working on sleep training in the first month of your baby's life.**
3. **When should you wake a sleeping baby, and why?**
4. **Why is it important to establish and maintain the first morning feeding time?**
5. **What is the 45-minute intruder?**
6. **List the three abnormal cry periods and please give examples?**
7. **List the three normal cry periods and please give examples?**

## Visit 5 – Eight Weeks and Beyond– Homework

*There is a direct relationship between doing the homework and success in applying the principles. You will need more than just a casual understanding of what you are about to learn. You may be asked to share some of your insights and discussions of the following questions.*

- 1. PFP Manual - Read Chapter 9 - The Topic Pool.**
- 2. PFP Manual – Read Appendix 5 – Multiple Births.**
- 3. Take note of any “take-away” moments or any questions while watching video or reading.**
- 4. Continue Couch time to discuss what you are learning.**

### Questions for Review

There are no Questions for Review.