

Infancy Checklist

The following list highlights key topics to consider in promoting infant mental health. These topics may be discussed selectively during office visits, depending on the needs of the infant and family.

Self

- Temperament, including**
 - Uniqueness of the infant's temperament
 - "Goodness-of-fit" between infant temperament and parenting style and expectations

Self: Regulation

- Feeding, including**
 - Breastfeeding
 - Solid foods
 - Self-feeding
 - Feeding difficulties
- Sleep, including**
 - Sleep patterns
 - Bedtime routines
- Infant distress, including**
 - Body language
 - Crying

Family

- Family formation, including**
 - Preparation for the new infant
 - Preparing older children for the arrival of the infant
 - Support for parents in the first year
 - Postpartum mood disorders
 - Families at risk for social-emotional difficulties
- Attachment, including**
 - Reading infant cues
 - Providing nurturing responses

Community

- Stimulation, including**
 - Play
 - Cognitive development
 - Stimulating environments
- Child care, including**
 - Selecting a child care provider
 - Concerns about child care

Bridges

- Opportunities for early identification and intervention, including**
 - Anxiety disorders
 - Child maltreatment
 - Domestic violence
 - Insecure attachment
 - Mental retardation
 - Mood disorders
 - Parental depression
 - Pervasive developmental disorders
 - Postpartum mood disorders

Notes

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