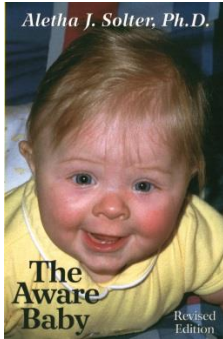


Study guide for *The Aware Baby* (revised edition, 2001) by Aletha Solter

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The Aware Baby is the basic Aware Parenting book, covering the age range from conception to two-and-a-half years. It has been translated into many languages and has contributed to a revolution in parenting around the world. Based on attachment theory, it explains how to lay the foundation for an emotionally healthy child. For more information, please visit the Aware Parenting Institute website at www.awareparenting.com.

This study guide highlights the key concepts in *The Aware Baby*. There is approximately one question for each section in the book. For each question, there is only one correct answer, which is easy to find by reading the book.

Chapter 1: Beginnings: Letting your baby feel loved

1. Which of the following statements is correct?

- a) Maternal emotions can influence babies before birth.
- b) Maternal emotions have no impact on babies before birth.

2. Which of the following statements is correct?

- a) Birth is inherently traumatic for all babies.
- b) Complications at birth correlate with later emotional and behavioral problems.
- c) Children cannot remember their birth.

3. Which of the following statements is correct?

- a) The emotional impact of birth trauma is reversible during infancy.
- b) The emotional impact of birth trauma is reversible, but only during adulthood.
- c) The emotional impact of birth is not reversible.

4. Which of the following factors can most influence father/infant bonding?

- a) Being present at the birth and having close contact with the newborn infant.
- b) Attending childbirth education classes with the mother.
- c) Having paid paternity leave from work.

5. Three of the following are basic needs of newborn infants. Which one is NOT?

- a) Being fed when hungry.
- b) Plenty of visual stimulation.
- c) The sound of mother's and father's voices.
- d) Hearing a heartbeat sound.

- 6. What is the recommendation in the book about swaddling (wrapping an infant tightly)?**
- a) Swaddling is an outdated practice, and infants should not be swaddled.
 - b) Swaddling is beneficial, and all infants should be swaddled for the first month or two.
 - c) Most infants enjoy being swaddled at the beginning, but it should be discontinued as soon as they object.
- 7. When do babies most benefit from being rocked?**
- a) When they are sleepy.
 - b) When they are crying.
 - c) When they are happy and alert.
 - d) None of the above. Babies should never be rocked.
- 8. Which of these is the advice in the book?**
- a) There's no point in talking to infants until they can understand language.
 - b) Infants benefit from being talked to, even before birth.
 - c) Infants should be exposed to several languages before the age of two.
- 9. Which of the following statements is correct?**
- a) Prompt responsiveness to crying is important at any age. Babies cannot become "spoiled."
 - b) After six months of age, babies can become "spoiled," so parents should not always respond promptly to crying after that age.
- 10. Which of these is the advice in the book?**
- a) Babies should be fed *before* they indicate hunger, so they won't become frustrated.
 - b) Babies should be fed *immediately after* they indicate hunger, so they can feel powerful.
 - c) Babies should be made to wait a little while for food when they are hungry, so they can learn to become patient.

Chapter 2: Crying: Letting your baby release tensions

- 1. Which of the following statements is correct?**
- a) Infant crying typically peaks at 6 weeks of age, but only in Western cultures.
 - b) Infant crying typically peaks at 6 weeks of age in many different cultures.
 - c) Infant crying typically peaks at 3 months of age, but only in Western cultures.
- 2. Three of the following are possible reasons why babies cry (after all immediate needs are met). Which one is NOT a reason why babies cry?**
- a) Past-life trauma
 - b) Birth trauma
 - c) Overstimulation
 - d) Parental stress
- 3. What should parents do when a baby cries (after all immediate needs are met)?**
- a) Put the baby in a crib
 - b) Rock the baby
 - c) Offer a breast
 - d) Hold the baby lovingly and listen

4. Which of these is the advice in the book?

- a) Babies should always be held when they cry, even after they learn to crawl.
- b) After babies learn to crawl, it is not always necessary to hold them when they cry.

5. Which of the following statements is correct?

- a) Some of the behavioral therapies involve crying.
- b) None of the behavioral therapies involve crying.

6. What is the best definition of a control pattern?

- a) A behavior pattern (or habit) that babies use to control and repress their emotions.
- b) A behavior pattern (or strategy) that babies use to control their parents' behavior.
- c) A toddler's tendency to say "no" and refuse to cooperate.

7. What is the FIRST step to take if your baby has a control pattern?

- a) Ignore your baby when he is doing it.
- b) Change the way you normally respond to his crying.
- c) Immediately stop or remove the control pattern.

8. Which of the following is one of the guidelines for detecting a control pattern?

- a) How your baby asks for things.
- b) How frustrated you feel with your baby.
- c) The age at which your baby first starts doing it.

9. Which of the following is true about a survey with abusive parents?

- a) 80% of abusive parents said that their baby's crying triggered their anger.
- b) 80% of abusive parents said that their baby's refusal to cooperate during diaper changes triggered their anger.
- c) 80% of abusive parents said that their baby's refusal to take naps triggered their anger.

Chapter 3: Food: Letting your baby become self-regulated

1. Which of the following statements is correct about nursing (breastfeeding) newborns?

- a) Mothers should *not* nurse their newborns immediately after birth.
- b) Mothers should nurse their newborns immediately after birth.

2. Which mothers in indigenous cultures nurse (breastfeed) their babies more frequently?

- a) Those who live in cold climates.
- b) Those who live in warm climates.
- c) Mothers nurse their babies frequently in all indigenous cultures, regardless of the climate.

3. Which of these is the recommendation in the book about how often to feed a newborn infant?

- a) Every time the infant cries during the first week or two.
- b) Every 2½ to 3 hours from the beginning.
- c) Every 4 hours from the beginning.

- 4. Three of the following are possible negative consequences of repeatedly nursing (breastfeeding) babies for “comfort” (when they are not hungry). Which of the following is NOT one of those consequences?**
- a) Obesity
 - b) Sugar addiction
 - c) Mental illness
 - d) Aggressive behavior
- 5. Is it easy for mothers to correctly interpret their baby’s hunger signals?**
- a) No, especially if the mother was fed on a rigid schedule or left to cry alone as an infant.
 - b) Yes, because this knowledge is instinctive.
 - c) Yes, because babies’ hunger signals are always very clear.
- 6. Which of the following factors is a good guideline for when to introduce solid foods?**
- a) When babies can grasp objects and bring them to their mouth.
 - b) When the mother no longer wishes to breastfeed.
 - c) When babies have their first growth spurt.
- 7. Which of the following recommendations about feeding babies solid foods is correct?**
- a) Parents should decide how much babies eat.
 - b) Parents should encourage and praise their babies for eating.
 - c) Parents should let babies decide what to eat.
- 8. Which of the following is a possible explanation for a child’s preference for sweet foods?**
- a) All children have an instinctive preference for sweet foods.
 - b) The child was nursed (breastfed) too frequently as an infant.
 - c) The child has been allowed to eat candy.

Chapter 4: Sleep: Letting your baby rest

- 1. Which of the following statements is correct?**
- a) Sleeping with babies (co-sleeping) is a fairly recent and modern practice.
 - b) Sleeping with babies (co-sleeping) was common in the past.
- 2. According to the book, is it safe to sleep with a baby in the same bed?**
- a) Yes, in all situations.
 - b) Yes, but only if certain safety precautions are met.
 - c) No, it is never safe to share a bed with a baby.
- 3. According to the book, does bed sharing encourage incest?**
- a) Yes, incest is more likely to occur when a parent sleeps next to a child.
 - b) No, incest has more to do with the perpetrator’s own abuse history than where the child sleeps.
- 4. How is a woman’s sex drive typically affected after giving birth?**
- a) Giving birth has *no effect* on a woman’s sex drive.
 - b) Giving birth typically causes an *increase* in a woman’s sex drive.
 - c) Giving birth typically causes a *decrease* in a woman’s sex drive.

5. What is the recommendation in the book for putting a baby to bed?

- a) The parents should nurse (breastfeed) or rock the baby until he falls asleep, and then put him down.
- b) The parents should allow the baby to cry in arms and put him down when he is relaxed and drowsy, but *before* he falls asleep.
- c) The parents should allow the baby to cry in arms, keep holding him until he falls asleep, and put him down *after* he falls asleep.

6. When is it okay for parents to ignore a crying baby at night?

- a) When the parents have not been getting enough sleep.
- b) When the parents know that the baby is not hungry.
- c) When the baby is over six months of age.
- d) None of the above. It is never okay to ignore a crying baby.

7. Which of the following statements is correct?

- a) In the past, it was common to give babies chemical substances to help them sleep.
- b) The tendency to use chemical substances to help infants sleep is a recent phenomenon.

8. Does the book recommend giving tranquilizers or sedatives to help babies sleep?

- a) Yes, so the parents can get enough sleep and function well during the day.
- b) No, because this will only postpone the crying and could lead to later drug abuse.

Chapter 5: Play: Letting your baby learn

1. Which of the following statements is correct?

- a) Hereditary factors account for less than 50% of a child's level of intelligence.
- b) Hereditary factors account for more than 50% of a child's level of intelligence.
- c) Hereditary and environmental factors play an equal role in a child's level of intelligence.

2. What is a basic guideline for selecting appropriate stimulation for a baby?

- a) Screen-based activities should be introduced before three years of age.
- b) Toys and activities should build on what the baby enjoys doing.
- c) Toys and activities should be appropriate for the child's gender.

3. Which of the following statements about highly sensitive babies is correct?

- a) Highly sensitive babies need plenty of stimulation so they learn to adapt to the real world.
- b) Highly sensitive babies need protection from overstimulation so they don't become overwhelmed.

4. Which of the following statements is correct about babies who demand constant attention?

- a) They have been "spoiled" by parents who are too child-centered.
- b) They may need to release stress by crying.
- c) All babies need constant attention and cannot be expected to play alone.

5. Which of the following statements about the learning process is correct?

- a) Babies are not ready to learn the symbols of reading and math during the first two years.
- b) Babies should be taught the symbols of reading and math during the first two years.

- 6. Which of the following statements about research on rewards is correct?**
- a) The use of rewards *increases* children's interest in the activity that was rewarded.
 - b) The use of rewards *decreases* children's interest in the activity that was rewarded.
 - c) The use of rewards has no effect on children under five years of age.
- 7. What is a guideline for deciding when to help to a baby who is trying to do something?**
- a) Whenever the baby feels frustrated and begins to cry.
 - b) Whenever the baby feels so frustrated that he gives up.
 - c) It's always okay to help babies, even for things that they can do themselves.
- 8. When is it okay for parents to do adult-centered activities (such as household chores, playing an instrument, or working at a computer)?**
- a) Only when their baby is sleeping, so the baby won't feel ignored and unloved.
 - b) Most of the time, because child-centered activities can make babies self-centered.
 - c) Some of the time, so that babies can learn from seeing adults doing meaningful work.
- 9. At what age does the game of peek-a-boo elicit the most laughter and appear to be the most effective?**
- a) During the first 6 months
 - b) Between 6 and 18 months of age
 - c) After 18 months of age

Chapter 6: Conflicts: Letting your baby feel respected

- 1. Three of the following statements about punishment are correct. Which one is NOT correct?**
- a) Punishment is okay if it protects a baby from harm.
 - b) Punishment can lower a child's IQ.
 - c) Punishment can lead to insecure attachment.
 - d) Punishment correlates with later anxiety and depression.
- 2. In this chapter, an experiment is described in which participants were told to give electric shocks to a learner during a learning task. What was the main conclusion from this experiment?**
- a) Most people have a strong tendency to obey authority figures, even when the command goes against their own judgment and values.
 - b) Most people are able to resist authority figures when the command goes against their own judgment and values.
- 3. Which of the following statements is true about permissiveness?**
- a) Permissiveness can help babies feel *secure* because they learn that their needs are important.
 - b) Permissiveness can make babies feel *insecure* because the parents could become resentful.
- 4. What is the FIRST step to take when there is a parent/child conflict?**
- a) Figure out what everybody's needs are.
 - b) Visualize the outcome that you want.
 - c) Look for a way to prevent the conflict from happening again.

- 5. Which of the following is one of the things that parents can do to minimize trauma for a baby when they must use their power to move or restrain him?**
- a) Try to cheer the baby up if he starts to cry.
 - b) Avoid too many explanations.
 - c) Warn the baby ahead of time.
- 6. Two of the following are possible reasons for “testing” behavior. Which one is NOT?**
- a) The baby is purposely trying to irritate the parents.
 - b) The baby is too young to understand rules.
 - c) The baby has pent-up stress and needs a pretext to cry.
- 7. Which of the following statements is correct about the stage of “negativism?”**
- a) Negativism is a normal and healthy stage of development.
 - b) Negativism is usually an indication of pent-up stress.
 - c) Negativism is usually the result of overly permissive parenting.
- 8. How should parents respond to a temper tantrum?**
- a) Walk away from the child or look the other way.
 - b) Hold the child to soothe him and calm him down.
 - c) Stay with the child and pay attention until the tantrum passes.
- 9. When is it okay to hold or restrain a toddler against his will?**
- a) When the parents feel angry.
 - b) When the child is doing something violent, destructive, or dangerous.
 - c) Any time the child needs to cry.
 - d) None of the above. It is never okay to hold a child against his will.
- 10. What is the recommended approach in the book for dealing with a toddler who takes a toy away from another child?**
- a) Force the toddler to give the toy back.
 - b) Take the toy away from both of them.
 - c) Do mediation with them.
- 11. According to the book, what is the best approach to toilet train a child?**
- a) By putting underpants on him and rewarding him whenever he uses the potty.
 - b) By letting him decide when to wear underpants and *not* reminding him to use the potty.
 - c) By letting him decide when to wear underpants, and reminding him to use the potty.
- 12. Two of the following statements are correct. Which one is NOT correct?**
- a) Masturbation in young children can be a sign of sexual abuse.
 - b) Masturbation in young children can be a control pattern (to repress emotions).
 - c) Masturbation in young children always indicates emotional problems.
- 13. All of the advice listed below can help parents who frequently harm their babies (or who feel an urge to do so). Which is the *most important*, according to the book?**
- a) Don't isolate yourself.
 - b) Get time away from your child.
 - c) Find a therapist.
 - d) Scream into a pillow.

Chapter 7: Attachment: Letting your baby feel safe

1. At what age does separation anxiety typically peak?

- a) Between 6 and 8 months
- b) Between 13 and 15 months
- c) Between 15 and 18 months
- d) Between 18 and 24 months.

2. Which of the following statements is correct?

- a) Securely attached babies show no distress when the mother leaves the room.
- b) Securely attached babies usually become distressed when the mother leaves the room.
- c) Securely attached babies usually ignore the mother when she returns after a separation.

3. Three of the following factors can contribute to a baby's secure attachment. Which of them is NOT one of those factors?

- a) Provide lots of physical closeness, including at night.
- b) Encourage the baby to play independently.
- c) Never leave the baby to cry alone.
- d) Avoid separations of more than a day.

4. Which is the recommended approach to use when leaving the baby with a babysitter?

- a) Sneak out the door when the baby is not looking to avoid a crying scene.
- b) Explain everything to your baby before you leave, and don't sneak out.
- c) Tell the babysitter to distract the baby from crying after you leave.

5. Which of the following statements is correct?

- a) It's normal for babies to refuse to be left with their father during the first two years.
- b) A baby's refusal to be left with her father could indicate that the baby needs to cry.

6. What are the three most important things that babies need?

- a) Milk on demand, continuity in caregivers, and good quality individual attention.
- b) Milk on demand, mothers as full-time caregivers, and good quality individual attention.
- c) Milk on demand, multiple caregivers, and good quality individual attention.

7. What is the recommendation in the book about daycare (group care)?

- a) It's okay to place babies in full-time daycare during the first year.
- b) It's okay to place babies in daycare during the first year, provided it's less than 20 hours per week.
- c) It's best to wait until children are 2½ or 3 years old before placing them in any kind of group care.

8. According to the book, which of the following is the main factor that caused a decline in extended families and a fear of "spoiling" children?

- a) The rise of democracy
- b) The increase in literacy and education
- c) The industrial revolution
- d) The feminist movement