Interaction: ____________________________

1. Your thoughts on how your baby experienced the interaction with you:

_____________________________________________________________________
_____________________________________________________________________

2. How awake and alert was your baby? (You can mark more than once if it varied.)

Deep Sleep    Light Sleep    Drowsy    Calm Alert    Active Alert    Fussy    Crying

3. How responsive was your baby to you (for example: eyes widened, looking at you, turning towards your voice)? (You can mark more than once if it varied.)

Not responsive    Somewhat    Fairly responsive    Very responsive

4. How calm did your baby seem? (You can mark more than once if it varied.)

Quite agitated    Somewhat fussy    Fairly calm    Very calm, content

5. If your baby seemed uncomfortable or fussy, how easy was it to soothe them?

Not applicable    Difficult    Somewhat easy    Easy to soothe

6. If your baby could speak, what do you think they would say to you during this interaction?

_____________________________________________________________________
_____________________________________________________________________

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Participant Observer Worksheet - PARENT

Interaction: _________________________________________

1. Your thoughts and feelings during the interaction:
   _______________________________________________________________________
   _______________________________________________________________________

2. How calm were you during this interaction?
   Very distressed     A little distressed      Somewhat calm          Very calm

3. Did you have any positive or hopeful thoughts about your baby?
   _______________________________________________________________________
   _______________________________________________________________________

4. Did you have any negative or worried thoughts about your baby?
   _______________________________________________________________________
   _______________________________________________________________________

5. How well did you feel you understood your baby’s needs during the interaction?
   I was very confused    A little confused       I was attuned        Completely attuned

6. How emotionally connected and close did you feel to your baby?
   Detached/withdrawn   A little disconnected  Fairly connected     Very connected