



Role Models for Me and My Baby

Role models have different meanings for different people. For some people, role models are people (fictional or real) who have positive qualities that make others look up to them and want to be like them. For other people, role models are people who inspire them to behave in ways that make their lives healthier and happier. As a parent, you are your baby's first teacher and your baby's first role model!

1. What are role models?

2. Who are your role models?

3. Who would you like your baby to have as role models?

4. How do you protect yourself and your baby from negative or unhelpful influences in your life (example: violent characters on TV)?



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