



SOCIAL DEVELOPMENT & EMOTIONAL DEVELOPMENT

Birth to 12 months

Set steady routines for sleeping and feeding.

Respond frequently to your baby's needs.

Use your infant's name frequently.

Gaze into your baby's eyes and have an animated but calming conversation.

Let your baby interact with other adults, children, and babies when possible. These interactions build trust and a positive sense of themselves.

Model and encourage use of facial expressions, gestures or sounds to help your infant express emotions and meet their needs.

Encourage your infant to express a variety of emotions by labeling the emotion: "I see you are mad because you are crying."

Read books that show facial expressions and emotions.

Provide soothing movements such as rocking, swaying, or bouncing up and down.

Hold, cuddle, and talk to your infant frequently.