



5 Simple Tips

To Support Your **Infant's**
Social Emotional Health During



Dressing

- 1** Talk about what you are doing.
"Mila, Daddy is going to put your shirt on now."
- 2** Practice patience.
"David, this shirt is hard for mommy to get over your head, I am going to try a different way."
- 3** Leave extra time.
"It will be time to go to child care soon, let's get you ready Sasha."
- 4** Offer positive words.
"Ellen you wiggled your foot into the sock. Way to go!"
- 5** Have fun.
"We got your shirt on Dedrea, let's clap your hands!"

You Are Your Child's First Teacher!

Together, you and your infant can make dressing a special time for connecting. When you show patience and use gentle words, your infant learns from you how to be kind and patient. When you talk positively about what you are doing together your child learns that you like taking care of them, *"Daddy is going to dress you in warm clothes today for our walk, it's chilly outside."*





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Meal Time

- 1** Hold your baby while feeding.
"I am going to feed you now Brayden. Mommy is going to find a comfortable spot for us."
- 2** Look in their eyes and connect.
"I see you looking at me Gabe, I love looking at you too."
- 3** Talk and sing to your baby while feeding.
"You like the orange carrots Calvin, I see that smile!"
- 4** Consider breastfeeding.
"Let's find a cozy spot for mommy to feed you Jeremiah."
- 5** Notice signs from your baby that say, "I am done" or "I need more."
"Kara you are turning your head away, I think you are all done eating."

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You and your baby can connect during mealtimes through cooing, singing and looking at each other. Babies love your face and voice. You help them to feel safe when you speak gently. When you know what your baby needs and react, for example by feeding them, it sends a message to your baby that their needs are important.





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Play Time

- 1** Follow their interests.
"Lily, I see you bouncing to the music, let's dance together!"
- 2** Talk about what you see.
"Sal, look at those big, red apples! Do you want to hold one for me?"
- 3** Sing and read.
"That's it David, snuggle in and let's look at this story together."
- 4** Offer encouragement.
"Helena, you almost rolled over, come on big girl, let's try again!"
- 5** Have fun and laugh together.
"Daddy loves your giggles, Talia!"

You Are Your Child's First Teacher!

Infants are wired to learn and connect with people they love. Playing with your baby every day builds your parent-child bond. When you sing, read and talk with your baby and look into their eyes, it helps their brain to grow.





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Rest Time

- 1** Create a routine.
"Time to take a bath Gia and then we'll get ready for your nap."
- 2** Use routines across settings.
"Let's pack your favorite book and blanket for Ms. Joslyn to use with you at child care today Jayden."
- 3** Leave time for transitioning.
"We have had fun playing Hanna, let's go for our walk before bed time."
- 4** Take care of the basics.
"Justin, let's change your diaper before you rest."
- 5** Take time to refuel.
"Nina, daddy has to take a break too so we can play again later."

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Infants, need time each day to rest. Just like us! Gentle routines—doing the same thing every day, will help your infant know what to expect and will help them ease into resting. Planning ahead to meet your infants needs each day will make it easier for them and for you, *"Sara, we will be out with your grandmother today, I will pack some extra diapers for you and snacks for us."*





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Diapering

- 1** Create a routine.
"Hi Derry, you had a good nap! Let's check your diaper."
- 2** Know the signs.
"Eli, I see you pulling on your diaper, do you need to be changed?"
- 3** Take time to Connect.
"Look at that big smile Henry! You make mommy smile too!"
- 4** Offer choices.
"Kia do you want the red ball or the bear to hold while daddy changes you?"
- 5** Practice patience.
"I know you don't like to be changed but we need to take good care of you. Mommy is almost done."

You Are Your Child's First Teacher!

Diapering is an everyday routine that creates an opportunity for connecting with your infant. When you coo, babble and talk with your infant it sends a message that they are important. They love your voice and face! Creating a simple routine for diapering—doing some things the same every day, can help your infant know what to expect and will make the experience smoother for each of you, *"Daddy is going to change your diaper and sing our song and then we will go play with our toys!"*

