

I Taught My Child Today...

by providing a loving and caring home.



Ideas to Promote Social Emotional Well-being...

- Sing, hum, talk softly and make fun faces to your baby at diaper changing times.
- Soothe your baby when upset by responding to cries with soft touching , a gentle voice and calming words.
- Provide bedtime and naptime at similar times each day and set up a routine. For example, bath, then story time and then bedtime.
- Dance together as you listen to soft music with a slow swaying motion.
- Love, love, love, and love, unconditionally.

New parents soon learn that the social and emotional health of their baby is closely linked to his over-all healthy development. Babies are learning their social and emotional skills through warm, supportive relationships with their family and caregivers. It is during these experiences that babies begin to show a capacity for compliance, self-regulatory abilities and cooperation. These are all skills leading to later school success.

The most important fact to remember is that you, as a parent, are your baby's first and most important teacher. You teach in a hundred different ways throughout the day as you cuddle your baby, feed, keep him clean, clothe, smile, talk and love him! When parents understand and respond to their baby's cues and keep them safe, important attachments begin to form and strong connections develop. When your child knows that he can trust you, he has a sense of security, comfort and develops a strong, positive, social emotional well-being.

Resource: www.zerotothree.org

Infancy Leadership Circle/Erie:

A Project of New York Zero-to-Three Network —Raising Voices For Babies