



## SOCIAL-EMOTIONAL BEHAVIOR DEVELOPMENT IN YOUNG CHILDREN

### **From birth to 6 months . . .**

- When she is a newborn, your baby lets you know when she is hungry and uncomfortable by crying.
- Your baby often responds to your attempts to soothe him.
- Your baby likes to look at your face and will look in your eyes, but only for a couple of seconds at first.
- Your baby lets you know she is content by cooing.
- When he is a couple of months old, your baby lets you know he is happy by smiling, laughing, and gurgling.
- Your baby likes to be picked up, hugged, and cuddled by people she knows.
- Your baby enjoys being with other children and people and will sometimes be fussy just because he wants your attention.
- Around 5 months your baby will sometimes stop crying when you talk to her (rather than pick her up).
- Your baby likes to play with his fingers, hands, feet, and toes.
- She often holds onto you and enjoys your hugs.
- He recognizes familiar people by their voices.
- Your baby sometimes sucks on her fingers or hands to calm herself down.

## SOCIAL-EMOTIONAL ACTIVITIES FOR INFANTS FROM BIRTH TO 6 MONTHS OLD

Sing lullabies and tell your baby nursery rhymes. Use a soft and gentle voice when you talk to him.	When your baby is a newborn, show her black-and-white pictures. Place them close to your baby (8-10 inches) so that she can look at them.	Let your baby hear new, gentle sounds. Quiet musical toys or soft bells will be interesting to him.	Hold your baby and look in her eyes and smile. Gently rub and touch her and tell her how much you love her.
If your baby cries, pick her up and tell her you love her. She may be hungry or uncomfortable.	Talk to your baby about things he is seeing, hearing, and feeling. Talk softly and gently to him during routines of the day.	Talk to your baby about things she seems to like or dislike. "You don't like that big noise, do you?"	Let your baby lie on a blanket on the floor and get down on the floor with him. See the world from his point of view.
Make life interesting for your baby. Introduce new sounds and places to him from the safety of your arms.	Praise your baby often. Tell her how strong she is getting and what a sweet girl she is. Tell her you love her.	Begin to play simple games with your baby such as Peekaboo. You can put a cloth over <i>your</i> head and peek out.	Introduce new, safe* objects for your baby to explore. Simple objects such as plastic cups and big wooden spoons are all new to her.
Place interesting objects on the wall close to your baby's bed or close to her line of vision. Simple pictures from magazines are great.	It's never too early to start reading books with your baby. Choose simple books first and talk about the pictures he sees. Cuddle up close.	Learn your baby's special language. She will "talk" to you with sounds and gestures and let you know when she is happy, uncomfortable, or hungry.	Gently rock your baby and dance with him to music. Your baby will love to move like this and be close to you.

\*Be sure to review safety guidelines with your health care provider at each new age level.

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