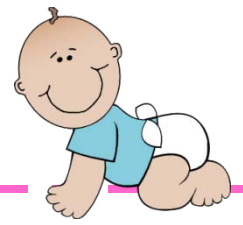




# Social & Emotional Kits- Infant



## How to create Social & Emotional Interaction with your baby!

- When reading a story, watch your baby's expressions and copy them! This will encourage your baby to continue to make these expressions.
- If a story talks about actions such as, poking your belly or wiggling your nose, do those actions to yourself or your baby.
- Be very expressive and show emotions with your face to your child. This will help make them familiar with different emotions.

Infants are born with only a few emotions, distress, disgust, and happiness. That being said it is very important for parents help with the development of more emotions. By taking the time to help with your child's social and emotional development you will also help create a stronger bond between you and your child. Some key tips to helping with infant emotional development are:

1. Copycat: if you notice your child tilt there head and smile, do the same. This will encourage your child to continue to make this action. Same goes for an action such as sticking out their tongue and being a little silly. This usually leads to giggles and a happy play time!
2. Using a mirror is a great way to help with social development. Point in the mirror and ask your child, "Who is that?" Then follow with, "It's Katie!" This will help give your child a better self image.

Activities and games are a great way to help with development but the support of your child's social and emotional growth is just as important. You may do so by having a quick response to your newborn's needs, observe and try to understand your baby's personality, let your baby set the pace of their development and help your baby cope with fear at a young age.



### What's included?

- ✓ 4 Suggested games to play with infants:  
*Copy Cat, Peek A Boo, Magic Mirror, Crawl and Chase*
- ✓ Social & Emotional Tips for Development



### Suggested Books & Tools

- ✓ Giggle! By Caroline Jayne Church
- ✓ Words Are Not for Hurting By Elizabeth Verdick
- ✓ No Hitting! By Karen Katz
- ✓ Mirror



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