



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

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| 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.