



5 Simple Tips

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



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.

