



# 5 Simple Tips

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



## Rest Time

- 1 Create a routine.**  
*"Time to take a bath Gia and then we'll get ready for your nap."*
- 2 Use routines across settings.**  
*"Let's pack your favorite book and blanket for Ms. Joslyn to use with you at child care today Jayden."*
- 3 Leave time for transitioning.**  
*"We have had fun playing Hanna, let's go for our walk before bed time."*
- 4 Take care of the basics.**  
*"Justin, let's change your diaper before you rest."*
- 5 Take time to refuel.**  
*"Nina, daddy has to take a break too so we can play again later."*

## You Are Your Child's First Teacher!

Infants, need time each day to rest. Just like us! Gentle routines—doing the same thing every day, will help your infant know what to expect and will help them ease into resting. Planning ahead to meet your infants needs each day will make it easier for them and for you, *"Sara, we will be out with your grandmother today, I will pack some extra diapers for you and snacks for us."*

