

SHOW FEELINGS

Why this is important?

- When you express your excitement and happiness your baby will be encouraged to join in and show these same feelings.
- Expressing several basic emotions is not difficult for an infant, but she needs the adults around her to help her learn which emotions are appropriate at different times.
- When you show a joyful approach to games and learning, your child is likely to be cheerful, too.
- This activity also encourages her language development.



What you do?

- Hold your baby around her chest and under her arms.
- Smile at her.
- Raise her over your head gently and slowly saying, Up or Up you go. Lower her saying, Down or Down you come. Then hug her close to your body. Maintain eye contact with your baby as you lift her up and down to help her feel connected to you.
- Smile, laugh, and talk so she can tell by your face and words that you have happy feelings about the game and that her feeling of excitement is appropriate. If this is new to your child, she may look a little worried or gasp when she's lifted high in the air. When she sees you smiling, she will begin to feel good about the movement.
- Go slowly so you don't startle her with movements that are too fast. Give her time to smile and respond to you with cooing or babbling.