

Labeling Emotions

Age: Infants (0-8 months)

This activity helps your child's development in this domain: Social-Emotional

What You Need:



None

What To Do:

1. Constantly observe baby. When he is displaying an emotion such as distress, disgust, or interest, respond immediately.
2. Using your knowledge of the situation, describe and label the infant's emotions. For example,

- "Maddie, you are crying. You must be hungry. Let's warm a bottle and eat."
- "Isaac, you are smiling. You are happy. You like when daddy holds you in his arms."

Adapted from Creative Resources for Infants and Toddlers



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