

Connect and Calm Together

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. When your infant is crying and you know she is not hungry and has a clean diaper, calm yourself by taking three deep belly breaths.
2. Hold your infant and use her movement preferences (rocking, bouncing or simply going on a walk with you) to calm her.
3. Use a nurturing tone of voice and empathetic expression to show your understanding.
4. Then reassure your infant and engage her upper-brain by saying, "You're safe. I'm here."



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