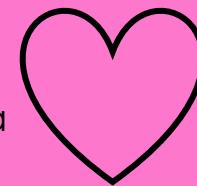















Social Emotional Development Activities

Social Emotional Development is a child's emerging ability to experience, regulate, and express a range of emotions. Age 0-12 Months. Week 1.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pick a lullaby that you sing to your child daily to calm and soothe her.	Read to your baby daily. Your baby is comforted by your voice.	You are helping regulate your baby's emotions. If you are feeling overwhelmed, take a few deep breathes before comforting your baby.	Snuggle and caress your baby often throughout the day. You are letting your baby know you love him and are there for him.	While you change your baby's diaper, talk to them about what you are doing. Smile and look at your baby as you do it.	While holding tight to you baby, listen to music and dance around the house. How does your baby respond?	Talk often to your baby throughout the day. Using parentese (higher pitched sounds) will draw your baby's attention to you.
 	 	 		 		 
Pat Activity: Caregiving Routines	Pat Activity: Face Patterns	Pat Activity: Hush Little Baby	Pat Activity: Infant Massage	Pat Activity: Caregiving Routines	Pat Activity: Dance to the Music.	Pat Activity: Talk Abouts
 _____ Estimated: 5 minutes	 _____ Estimated: 5 minutes	 _____ Estimated: 5 minutes	 _____ Estimated: 5 minutes	 _____ Estimated: 5 minutes	 _____ Estimated: 5 minutes	 _____ Estimated: 5 minutes

Icons represent area of development activity supports.

Cognitive 	Language 
Fine/Gross Motor 	Social/Emotional 



You are your child's first & MOST important teacher!

Inkind code: Inkind Calendar Social/Emotional 0;W1.