















# 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 2.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Take time with your baby to massage their arms and leg. This can support a strong attachment with your child.	Think about creating a bedtime routine. When your child can anticipate what is coming next, then become more secure with their surroundings.	Find an activity throughout the day that you enjoy with your baby. Let your baby hear you laugh and enjoy each other's company.	Build reading time into your daily routine with your baby. Hold or snuggle your child. They are never too young to listen to you read a story.	Sing nursery rhymes with your baby. Use finger gesture. Does she follow your fingers? What facial expressions does she make?	When your baby babbles, talk back to her. This helps you and your baby build communication between each other.	Stand in front of the mirror with your baby. Talk about what she sees. This helps build her self-awareness.
						
Pat Activity: <b>In Sync with Massage</b>	Pat Activity: <b>Night Sounds</b>	Pat Activity: <b>Bubbles for Baby</b>	Pat Activity: <b>Read to Me</b>	Pat Activity: <b>Fascinating Fingers</b>	Pat Activity: <b>I Am Special</b>	Pat Activity: <b>I See Me</b>
 _____ 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.