

# How **Parents** of **Infants** Can Support **Social-Emotional Development**



## **Provide a safe home and play environment for your baby**

- Do a safety check at home to make it safe for your baby.
- Have a safe way to transport your baby.
- Know ways to keep your baby safe throughout the day.
- Have someone you trust who can help take care of your baby.
- Provide access to health care for your baby.
- Know how to manage feelings of anger and frustration that come up when you're with your baby.

## **Provide predictable schedule/routines and an appropriate environment for your baby**

- Create and follow routines that make eating enjoyable and satisfying for you and your baby.
- Provide a nap and sleeping routine for your baby that is predictable and appropriate for your baby's age.
- Use daily activities as playtime or make time each day to play with your baby.

## **Respond to your baby's needs**

- Understand your baby's non-verbal communication and know how to respond.
- Understand your baby's verbal communication and know how to respond.
- Know how to help your baby calm down.

## **Provide activities and play with your baby**

- Provide your child with books, toys, and playthings that are safe and that your baby enjoys.
- Know the age-appropriate games that your baby enjoys.