



Help me to be happy, sociable and independent For the first 6 months



Did you know?

- Showering your baby with love, care and attention doesn't mean that you are spoiling them.
- It is really important to interact with your baby right from birth. You are far more interesting than objects.
- Mirroring your baby's expressions will gain their attention and make them want to get involved.
- Your child shows you that they like talking to you by moving their arms and legs, making their eyes bigger and opening and closing their mouth.
- If you respond quickly to your baby's crying, they will cry less by the age of one, than a baby who has been left to cry on their own.
- Your baby needs to learn from the people that are special to them that they are special too.
- Your baby will begin to associate the smell and feel of their blanket with you and this will comfort them if they are being cuddled by someone else.
- They show you that they are happy, worried or excited by the noises that they make, by opening and closing their eyes, or by the way they move their arms and legs.
- Your baby will begin to assert their independence in different ways. For instance, when your baby turns their head away as they are being fed they are communicating their choice and showing you that they have had enough to eat.

Helpful hints

When you cuddle or massage me and when you stroke my hair or hold my hand it helps me to settle.

Let me copy the movements you make with your face, like when you open and close your mouth or open and shut your eyes.

I like the routines you have. They help me to feel secure and safe.



I like being lifted up and tickled. When you do this I laugh and gurgle.

When I am feeling upset, I like you to hold me, rock me, talk to me or sing to me quietly and calmly.

Devote time to play with me, talking about things we can see, hear and feel. Play Pat-a-Cake and peekaboo.

Don't Forget!

Regular praise and encouragement is very important to your child's wellbeing and self-esteem. Praising your child when they do something positive, encourages the behaviour you want.

Routines and being consistent in your expectations can help your child to feel safe and secure in their environment.

The ideas in this leaflet will help you and your child to enjoy play together; supporting their independence and social skills. They will help your child to develop their resilience and self-esteem. Having opportunities to achieve or learn from mistakes safely is vital for your child's development.

It is important to remember that children grow and develop at different times and speeds. Further information to help you understand how your child is developing, including what to expect during their first five years, can be found by searching online for the guide What to expect, when?

If you ever feel unsure, or have any concerns or questions about your child's wellbeing and development, please contact your Health Visitor, Early Years Setting or any other relevant professional involved with your child.

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May 2019 • 19-20 023



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