

Emotional Development = Recognition + Attention

WHAT WE CAN DO?

PRENATAL (Before Birth)



whenever possible during your pregnancy to enhance your baby's wellbeing.

Remember to talk, read, and sing to your baby. Your baby is listening and learning words, songs and sounds.

At birth, your baby will recognize your voice from hearing it while being in the womb.

INFANTS (Birth to 17 months)

Soothe your baby and attend to their needs.
When your infant smiles at you, smile back.

When they raise their open arms, pick them up.

Be consistent with routines and responses, so your baby feels secure.



TODDLERS (18-29 months)

Describe the facial expressions of your toddler as they happen. E.g., "Look at your big eyes and wide mouth, you look happy to see the puppy."

If your child is upset, ask them "what do you need?"

PRESCHOOLERS (30-48 months)



Acknowledge and label your child's feelings. E.g., sad, happy, angry, scared, surprised, frustrated, excited etc.

Model for child by talking about your own feelings. E.g., "I feel happy today because we are going to visit Baba."

Create a book of photographs with different faces (happy, sad, angry, frustrated, scared, etc.) and name them with your child.

FOR ALL AGES

Plan and take your child to an EarlyON Centre for other experiences.

Demonstrate affection with hugs and loving words.

You cannot spoil a child with affection.

Name your child's feelings. E.g., "You look sad; but it is not your turn right now."

Help your child problem solve. E.g., "Would you like to find another toy, or wait until it is your turn to play with that toy?"

RESOURCES

BOOKS

Look at family pictures and talk about them with your child. Tell them your family stories.

The Feelings Book by Todd Parr

Be Boy Buzz by bell hooks

Shades of Black: A Celebration of our Children by Sandra L Pinkney

The Color Monster: A Story About Emotions by Anna Llenas

Making Faces a First Book of Emotions by Abrams Appleseed

SONGS

[If You're Happy And You Know It Breathe](#)

VIRTUAL

[The Way I Feel](#) by Janan Cain
[Inside Out Feeling Guessing Game](#)

DID YOU KNOW?

Offering your child attention, affection and love is never going to spoil them.

We thank the team of dedicated professionals in the Etobicoke Brighter Futures Coalition that developed these IEMH Play Statements

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Responsive care-giving establishes the foundation of emotional development.