



**A trusting relationship  
with your child  
builds the framework  
for healthy interactions  
with others.**

There are five areas essential to your child's healthy development. Find more supportive learning experiences for your child on the following pages in the **Massachusetts Early Learning Guidelines for Infants and Toddlers**, downloadable from the Early Education and Care website: [www.mass.gov/eec](http://www.mass.gov/eec)

**Toddlers** (12 to 33 months) →  
**Infants** (birth to 15 months) →

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**Help me  
grow!**



**Your child  
enters the world  
ready to form  
relationships.**

**Bond  
with your  
child...**

**You foster the foundation  
of brain development  
and learning during the first  
3 years of your child's life.**

# Things You Can Do with Your **Baby**

Activities for Social-Emotional Development



## Bonding

Use daily routines as an opportunity to build attachment. **I know you're feeling sad, but Mommy will be back to get you. She always comes back.**

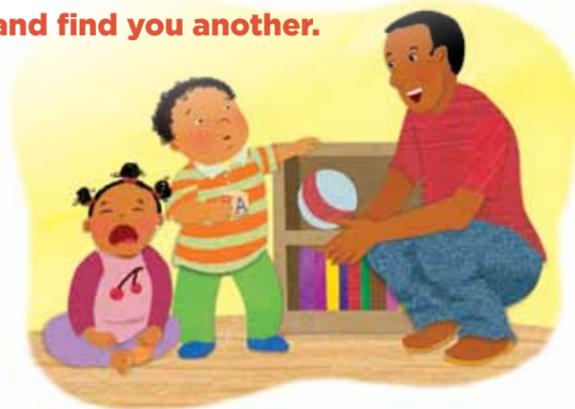
## Providing Time

Make time and space for babies to interact. **Look — Jake is smiling at you. He's saying "Hello!"**



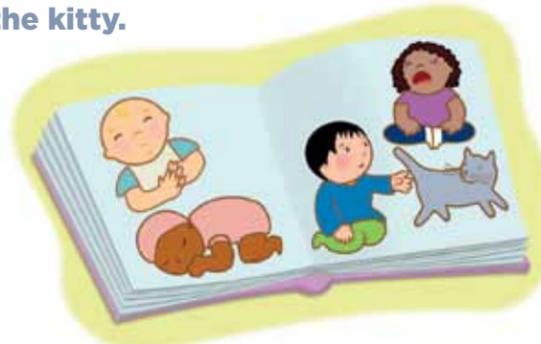
## Noticing

Observe and offer words and explanations for behavior. **She's upset because you took her toy. Let's give it back and find you another.**



## Recognizing

Read simple stories and talk about feelings in the pictures. **This baby seems curious about the kitty.**



## Soothing

Stay calm as you follow your infant's signals and maintain routines. **I can see you are ready for your nap.**



## Responding

Help your baby develop self-awareness. **You found your reflection! That's you!**

# Things You Can Do with Your **Toddler**

Activities for Social-Emotional Development

## Trusting

Look for opportunities to build trusting relationships.

**Your teacher told me you shared your doll with José today.**



## Modeling

Model and provide the words to play with kindness. **I'm giving you the box now because it's your turn.**

## Supporting

Provide supportive experiences where your toddler has two good choices. **Would you like water or milk?**



## Expressing

Provide recognition of your child's response to activities or situations. **You look so happy! You must really like playing in the water.**

## Respecting

Help your toddler develop a positive sense of self. **I see you are trying to put your shoes on! May I help you loosen them so you can get your foot in?**

