

Early Head Start Home Connection

Everything Social Emotional!

Birth-12 Months:



12 Months - 24 Months:



24 Months- 36 Months:



What is this activity?

Mimic your baby! All you need is you and your baby, a comfy place to sit and maybe a pillow or two. Sit and hold your baby so you are facing each other. Spend time copying their facial expressions and making your own. Give your baby time to try to copy your expressions. Take turns talking with your baby. If they make sounds, repeat them back. Talk about how you see them blinking their eyes, how they are moving their hands.

Why is it important?

This builds connection and attachment which gives your baby a great start on the path of growing up and learning. It helps them to learn empathy and how to relate with people.

This activity contributed by:
Head Start

What is this activity?

Singing "If You're Angry and You Know it!" Sing to the tune of "If You're Happy and You Know it." Fill in different emotions as you sing this song. Invite your child to sing with you. Tell them the different emotions as you sing. Model faces to go with the emotions. Encourage them to show you the emotion with their face too! Let your child choose an emotion to sing about. Sing as long as they are interested.

Why is it important?

Providing fun ways for your child to talk about feelings when he is not in the moment of experiencing an intense emotion is a great way to help him recognize, name, and learn appropriate strategies for managing these feelings in the future.

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Head Start

What is this activity?

Body tracing. Use a large piece of paper or cardboard to trace your child. Your child can fill in their body using crayons, markers, newspaper, fabric or whatever you have in your home. Take time to talk with your child about what makes them special as you do this activity!

Why is it important?

Between the ages of 2 and 3, children are trying to discover who they are and what they can do. By helping them explore the outline of their own body in a creative way, you can open up conversations with your child that will strengthen their concept of self. This can help support their self esteem as they are trying to build confidence in their abilities.

This Activity contributed by:
Head Start



Tips for Starting Healthy Eating Habits Young:

Don't give up! The funny faces babies make when they first start new foods doesn't always mean they don't like the food or won't eat it. Enjoy those adorable funny faces, and don't let them scare you away from healthy feedings.

Variety is good. Introduce your baby/toddler to fruits, veggies, whole grains, beans, plain yogurt, cheese, soft meats. Or get creative and combine these foods for even better taste.

Be persistent but patient. Babies and toddlers learn to eat what their family eats. Be persistent about offering healthy foods, but never force feed your baby.

Daily Routines



What is a routine? A daily series of events that are consistent and supportive of your child's growth and development. While it includes their schedule from the time they wake up to the time they go to bed, this does not mean their days always need to be the same. Routines can be as simple as waking up and eating breakfast every morning. When eating breakfast you may always sing with your child. Another routine may be that you always read a book before your child goes to bed.

Routines help infants and toddlers establish self-control, relationships, guide positive behavior, help cope with transitions, and develop social skills.

Try This: Throughout your day, try singing or talking about what you are doing! Review the sequence of experiences, such as, "we ate breakfast and then played outside."



Take Care of Your Mental Health During Pregnancy

Mood swings are normal during pregnancy. But if you feel nervous or down all the time, it could be a sign of something deeper going on. Stress over being pregnant, changes in your body during the pregnancy, and everyday worries can take a toll. If you feel anxious or depressed, talk to a doctor, counselor, or therapist, and get help right away. The sooner treatment starts, the sooner you'll feel better.

Find more great information about social and emotional development here:

<https://www.zerotothree.org/resources/30-from-feelings-to-friendships-nurturing-healthy-social-emotional-development-in-the-early-years#downloads>

Check out our Community Action YouTube channel!

<https://www.youtube.com/channel/UCvY3MtbztRFH791lc5Zt-SA>