



Social and Emotional Development **Activity for 12 to 18 Months**

Good Night, Elbow

Daily rituals provide a time for connecting with children. Rituals are love moments — moments in life when all else stops, and we take time to connect with our children. Rituals help shape, express, and maintain relationships.

Materials:

- None

What to do:

1. Put your child to bed and say, "I am going to say good night to your ears, your hair, your forehead, your eyebrows, your shoulders, and your elbows."
2. Continue down your child's body, saying good night to as many parts as you want. Each time you say good night to a body part, touch that part. Each touch involves a gentle massage, helping your child to relax for a good night of sleep.
3. Take your time. Use the time to relax as well by emptying your mind of clutter and being totally present with the child.

Variation:

- Play "wake up, elbow" in the morning. Tell your child, "I am going to wake up your hair, your ears, your chin, your thumb, and so on." Touch each part that you "wake up."

