



Social and Emotional Development Activity for Birth to 6 Months

Love and Trust Building

Children develop trust when their needs are met on a consistent basis.

Materials:

- None

What to do:

1. Respond to the infant's crying as soon as possible the first few months. Pick up the infant and hold her in a well-supported position so that she will feel secure. Rock the infant gently or bounce her if she responds to this.
2. Lightly swaddle the baby by wrapping her in a blanket with arms and legs securely against her body. (Some infants may calm easier this way.)
3. Try different positions to find the one that relaxes the infant the most. Some infants prefer to be held very firmly, while others feel too restricted if held tightly. Try gently swaying, rocking, or bouncing the infant.

