



## **Social and Emotional Development Activity for Birth to 6 Months**

### **Sweet Dreams**

*Helping babies learn how to calm themselves and fall back to sleep is called self-regulation, one of the most important tasks of an infant.*

#### **Materials:**

- Soft, stuffed toy or blanket

#### **What to do:**

1. Put a soft, stuffed animal (one that is safe for infants) or a blanket in the crib. Infants often move about looking for something to suck or cuddle as they try to quiet themselves and relax for sleep. This should help the process, as the baby will learn that she's comforted when she feels that toy or blanket.
2. Take the baby's hand and put it on the toy or blanket. Say, "Good night, baby, sweet dreams, baby" in a soft voice. The baby will learn she's comforted when she feels the toy or blanket.

