

Infant Social-Emotional Competencies & Learning Activities

Self-Awareness	Self-Regulation	Social Awareness	Relationship Skills	Responsible Decision-Making
<p>Recognizing Emotions: Infants start recognizing basic emotions like happiness, sadness, and anger in themselves and others. Caregivers can help by labeling emotions during interactions (e.g., "You look happy when you smile!").</p>	<p>Soothing Techniques: Infants learn to calm themselves with the help of caregivers who provide comforting techniques like rocking, singing, or offering a pacifier.</p>	<p>Recognizing Caregivers: Infants start to recognize and show preferences for their primary caregivers, responding to their voices and faces with smiles and coos.</p>	<p>Attachment Formation: Secure attachment is formed when infants feel safe and trust their caregivers to meet their needs.</p>	<p>Exploring Choices: Infants start making simple choices, like reaching for a preferred toy or turning towards a familiar voice.</p>
<p>Expressing Emotions: Infants express their needs and feelings through crying, cooing, and body language. Responding promptly and warmly to these cues helps infants understand their emotions are recognized and valued.</p>	<p>Routine Establishment: Predictable routines for feeding, sleeping, and playing help infants feel secure and manage their emotional responses better.</p>	<p>Responding to Emotions: Infants respond to the emotional tone of caregivers, showing distress when they hear crying or happiness when they see smiles.</p>	<p>Turn-Taking: Early turn-taking skills develop through games like peek-a-boo and pat-a-cake.</p>	<p>Understanding Consequences: Infants begin to understand basic cause-and-effect relationships (e.g., crying brings a caregiver's attention).</p>
Activities:				
<p>Mirroring: Caregivers can mimic the facial expressions and sounds of infants to help them recognize and connect with their emotions.</p>	<p>Comfort Objects: Introduce soft toys or blankets that infants can hold for comfort.</p>	<p>Face Time: Spend time making eye contact, smiling, and talking to the infant to help them recognize and respond to social cues.</p>	<p>Peek-a-Boo: Play peek-a-boo to encourage interaction and turn-taking.</p>	<p>Choice Offering: Offer two toys and let the infant choose which one they want to play with.</p>
<p>Emotion Talk: Use simple language to describe the infant's feelings (e.g., "You seem upset. Are you hungry?").</p>	<p>Calm-Down Songs: Sing lullabies or play soothing music during times when the infant needs calming.</p>	<p>Emotion Pictures: Show pictures of faces with different expressions and talk about the emotions they represent.</p>	<p>Pat-a-Cake: Engage in pat-a-cake to develop early turn-taking and cooperative play.</p>	<p>Cause and Effect Toys: Provide toys that demonstrate cause and effect, like rattles or toys with buttons that produce sounds or lights.</p>

Additional Activities for Infants

<p>Sensory Play Objective: Promote self-awareness and social awareness through sensory experiences. Description: Provide a variety of textures, sounds, and visual stimuli for infants to explore. This helps them become more aware of their senses and emotions. Examples: Soft fabric squares with different textures; Musical instruments like shakers or bells.</p>
<p>Routine Building Objective: Establish predictable routines to help with self-regulation. Description: Develop consistent routines for feeding, sleeping, and playing. Predictability helps infants feel secure and manage their emotions. Examples: Examples: Consistent bedtime routine with a bath, a lullaby, and a story; Scheduled feeding times.</p>
<p>Interactive Storytime Objective: Enhance social awareness and relationship skills through interactive reading. Description: Read books with simple stories and expressive pictures. Engage infants by pointing out and naming emotions. Examples: Examples: Books with large pictures of faces showing different emotions; Simple stories about daily routines or family interactions.</p>
<p>Gentle Touch and Massage Objective: Promote self-awareness and self-regulation through physical touch. Description: Use gentle touch and infant massage to help infants relax and become more aware of their bodies. Examples: Infant massage techniques to calm and soothe; Gentle stroking of the arms and legs.</p>