

## **Identifies and responds to feelings of self and others.**

**Activity:** Sit with baby facing you and start making exaggerated faces, talk about each one as you make it. As you smile, “I’m so happy,” with a frown, “I’m sad right now,” or even rolling your eyes and sticking out your tongue, “I’m being so silly right now!” Pause between expressions to see what baby does. Try to guess what face they are making.

**Why:** Babies learn from watching, and while making faces might seem silly to you, it gives your baby a chance to try out new expressions and face muscles!

**Activity:** When out and about, help your baby identify the emotions of others around them, “That man is laughing, he must be happy right now”.

**Why:** The more you speak to your baby the more words they will have for identifying their feelings and explaining themselves as they grow up. It will also help baby understand how other people have emotions and react to the world around them.

