

## Activities to Promote Social and Emotional Health of Infants

**Activity Title:** Find Delight in the Moment

**Age Range:** Infant

**Purpose of Activity:** Playing as if it is the only thing you want to be doing at that moment is one of the most valuable gifts you can give your baby. Really enjoying and finding delight in your baby will make her feel loved and important.

**Materials:**

Whatever interests your baby at the moment!

**Steps:**

- 1.) Choose any age-appropriate material or toy.
- 2.) Play with your baby as though you were little again! Get lost in the delight of living the life of a child for a little while. Your child will be thrilled with your interest and you will see her face beaming with happiness.
- 3.) Read your baby's cues... if she is fascinated with something, keep playing! If she seems bored, try a new way to use that toy, or, switch to a new toy.
- 4.) As you play, talk about what you are doing. Talk about what you are enjoying or learning. Talk about memories of doing this together in the past. Share similar times you did this as a child.
- 5.) Let your baby lead the play. Follow her eyes as she looks around for new interesting things to explore.
- 6.) Ask questions... "Do you like playing with the giraffe?" "Why are you staring at the ball, do you want to play with it?"
- 7.) Problem-solve and talk through how you switch from one toy to another... "You seem like you are losing interest in the drums... let's try the big blocks now." "Hmmm... this puppet isn't very fun just laying on the ground... do you think this monkey has something to say to you?"

Activity adapted from "Socially Strong, Emotionally Secure: 50 Activities to Promote Resilience in Young Children", by Nefertiti Bruce and Karen Cairone, with the Devereux Center for Resilient Children, 2011, North Carolina: Gryphon House, Inc.