



## **Five things to do with under ones: personal, social and emotional development**

Tune into the needs of your baby – their crying, babbling, expressions, pointing, pulling and their signals they no longer want to play, responding to them with understanding and interest. This may involve imitating or mirroring their responses, facial expressions and sounds so that you hold a 'conversation' with them.

Establish predictable and familiar patterns of behaviour and interactions such as nappy change times and feeding, talking to your baby about what is happening and what you are doing.

Play interactive games such as finger play, action rhymes or sharing a book together so that you develop a two-way communication with your baby.

As your baby gets more active, encourage and support their independence and exploration by placing toys slightly out of reach, providing safe areas for your baby to roll, crawl, pull themselves to their feet. Stay close by so they can find you - your baby needs the security of knowing that you, or another well-known person are close at hand.

Regularly sing familiar songs, tell favourite stories, show family photographs, use mirrors and times with siblings and other family members so that your baby develops a sense of themselves and their position in the family.