Physical Needs

1. Feed your baby when he/she is hungry, and change your baby when he/she is soiled or wet.
   • Hold and talk to your baby as you feed him/her. Make eye contact, smile often, and speak in a soothing voice.
   • Talk to your baby about what you are doing as you change him/her. Sing little songs or nursery rhymes. You will be bonding and helping your baby hear the rhythm of language.

2. Put your baby down to sleep when he/she is tired.
   • Speak soothingly to your baby as you lay him/her down.
   • Play soft music or sing to lull your baby to sleep.

3. Give your baby variety in his/her day.
   • During alert times, occasionally alter your baby's physical position to give him/her a different view of his/her surroundings.
   • Carry your baby around with you when possible.
   • Alternate quiet activities with more vigorous ones such as reading your baby a book and taking your baby for a walk.

Emotional Needs

1. All children need to be comforted when they are upset.
   • Hold your baby.
   • Speak soothingly and calmly.

2. Spend time with your baby and help him/her explore her world and get to know the people around him/her.

3. Young children need consistent routines.
   • Have a few routines and stick to them. This helps your baby make sense of the world and become confident that events happen in an orderly fashion. For example, having a bedtime routine can make falling asleep easier for your baby.

4. Be attuned to your baby.
   • Let your baby see you happy or sad when he/she is feeling these emotions.
   • Your baby will learn that you can share the same emotions he/she has. This will help your baby learn to have empathy for others.

Source: www.enfagrown.com