



Show Excitement Another Way

Name the excitement behind a repeated action and offer another way to create it.

Helps Your Child Grow



Emotional & Behavioral Self-Regulation

Naming the excitement behind an action and offering another way to express it gives your baby early support for shifting behavior while keeping the feeling understood.

Steps

- If a box accidentally falls with a loud thump, the sudden sound may excite your baby. They may drop it again to recreate the effect.
- Begin by naming what they may be seeking: “That crash was exciting. You want to hear it again.”
- Offer another action with a lively result, such as patting the table, tapping a toy drum, clapping, or pushing a ball.
- Your baby may not accept the switch immediately and may keep trying to drop the box.
- Give them a little time to settle, then invite the alternative again.

Tips

- Putting the feeling and cause into words helps your baby begin connecting an internal experience with what happened.
- An alternative can preserve the excitement while introducing a way of expressing it that works better in the setting.

Observations

- ☐ Uses a suggested action, such as clapping or drumming, to express excitement
- ☐ Switches from dropping the box to another exciting action