



First Feelings

Express ordinary feelings naturally and name them in simple words. Your face, voice, and response give your baby an early way to observe how emotions look and sound.

Helps Your Child Grow



Emotional Functioning

Seeing everyday feelings expressed through words, faces, voices, and actions gives your baby repeated experience noticing different emotions.



Attending and Understanding

Hearing you talk during a warm back-and-forth exchange helps your baby attend to speech and respond in their own way.



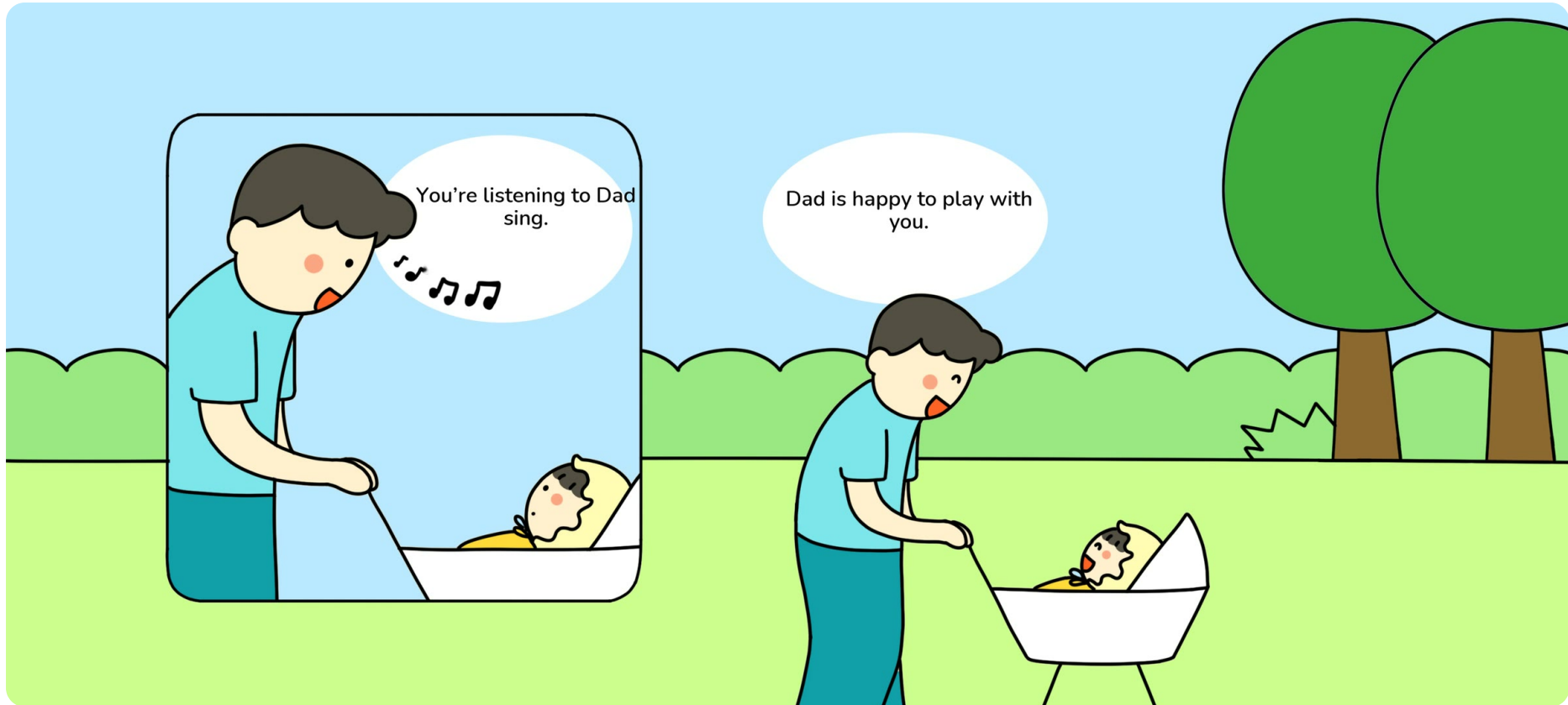
What You'll Need



- No materials needed.

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Show a Small Feeling

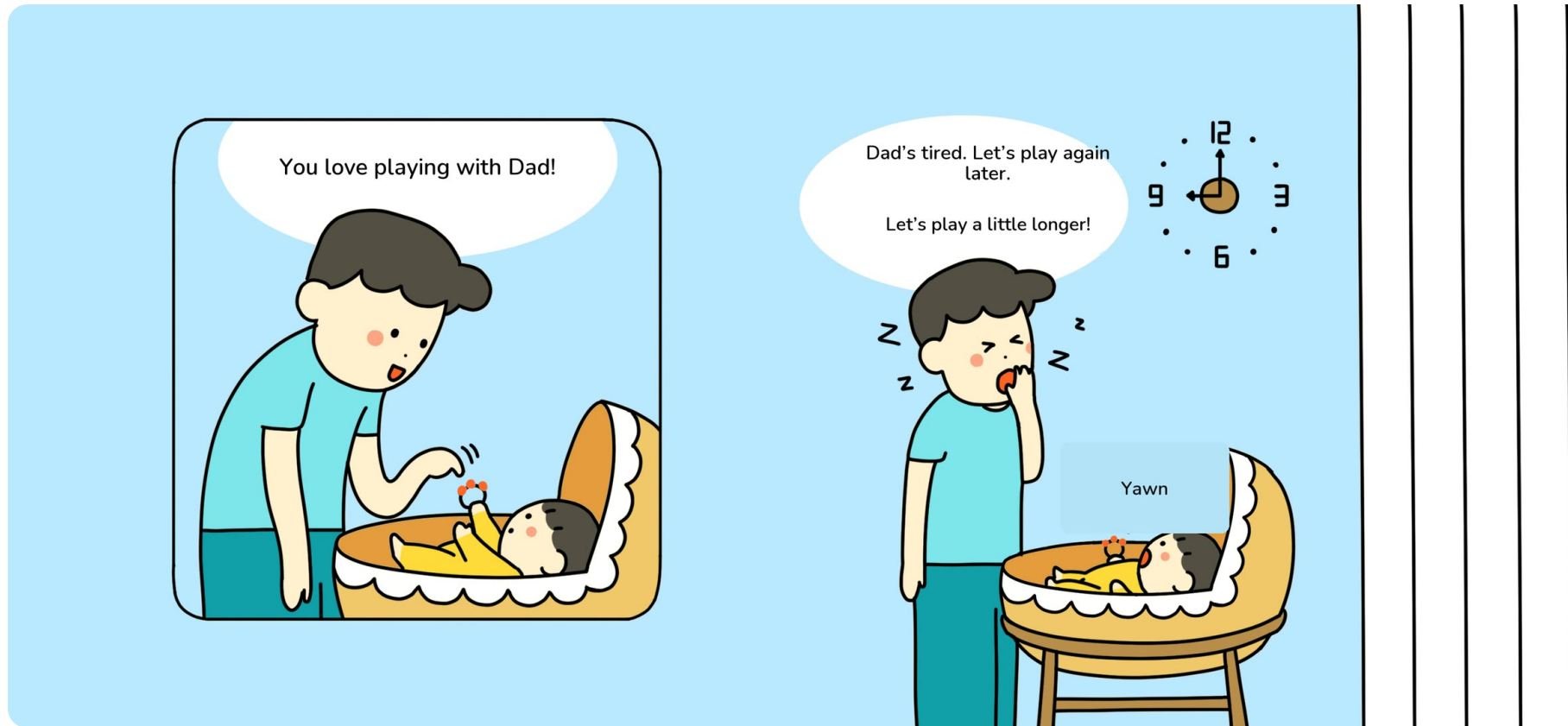
Let an everyday feeling show naturally. When your baby notices your face, use a few simple words to name how you feel.

Observations

- Looks toward you after hearing your voice
- Smiles back when you smile at them

Tips

- Your face is a vivid source of emotional information. A natural expression and a short explanation give your baby a real moment to observe.
- Between two and five months, babies can respond differently to changes in a familiar caregiver's face.
- Naming the feeling helps connect what is happening with the expression your baby can see.



Make the Feeling Easier to Read

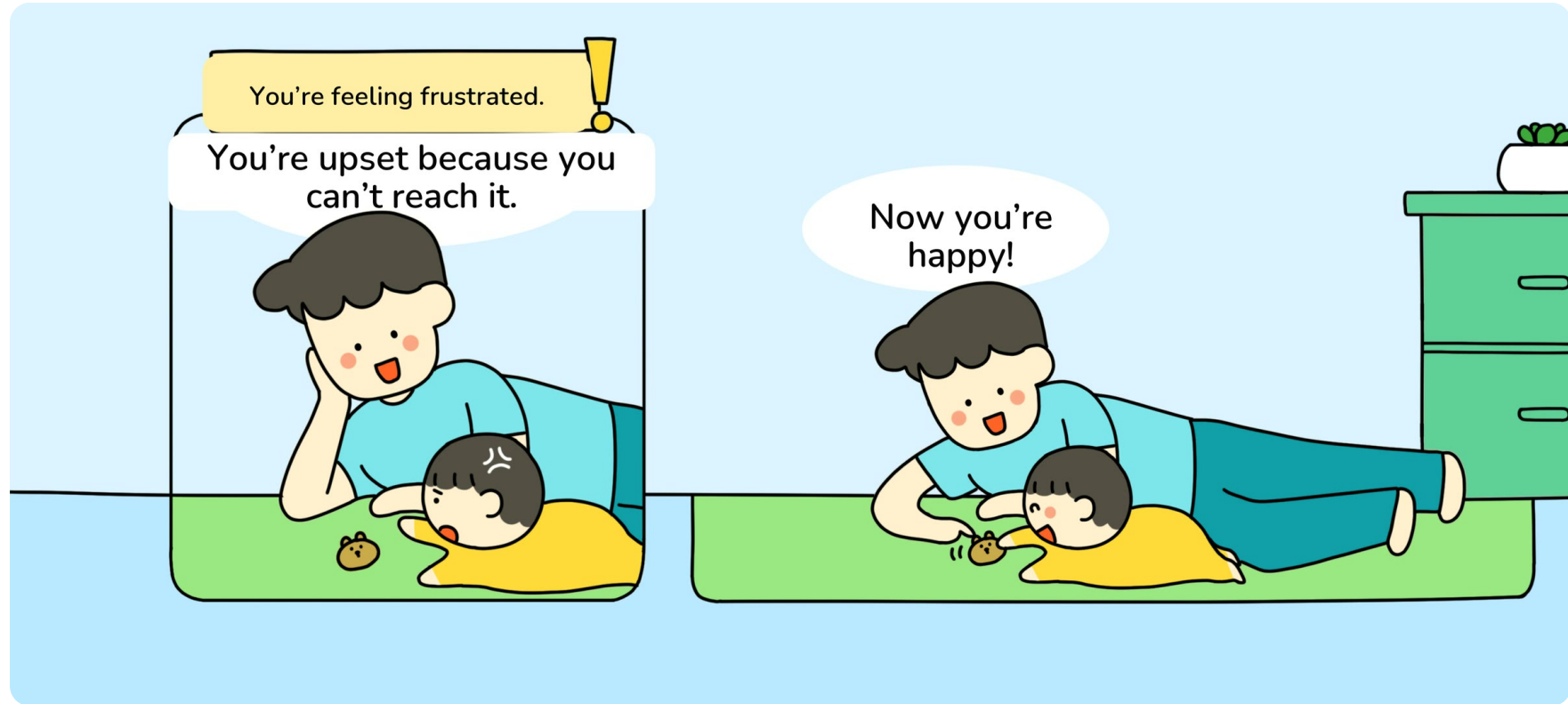
Whether you feel happy, angry, tired, or sad, pair the natural expression with a clear tone or small gesture. If your baby looks puzzled, slow down and repeat once.

Observations

- Looks toward you when you express that you are tired
- Vocalizes during a face-to-face exchange

Tips

- As babies grow through the first half year, they become more attentive to subtle changes in familiar faces.
- Repeating a consistent face, tone, and feeling word can make the pattern easier to notice.
- Everyday emotions are part of caregiving. A calm, simple explanation helps keep the moment understandable.



Name Your Baby's Feeling Too

When your baby shows a feeling, accept it first and put it into a short phrase: "You're upset," or "You're excited." Then notice what they may need and respond with appropriate comfort or help.

Observations

- Shows pleasure after a need is met
- Vocalizes to keep your attention

Tips

- Experiencing feelings in their own body gives your baby a reference for noticing feelings in other people later.
- Noticing and responding to your baby's emotion can help them feel secure and continue communicating.
- A feeling is not good or bad; it can offer information about what your baby needs.
- Your calm presence shows that feelings can be expressed and faced together.
- When your baby wants an object, bring it within reach and let them complete the reach instead of doing the whole action for them.