



Getting Used to New Faces

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Getting Used to New Faces

Model a friendly hello, give your baby time, offer comfort, and notice small steps as they gradually feel safer around unfamiliar adults.

Helps Your Child Grow



Relationships with Adults

With patient support and a calm example, your baby can gradually become familiar with new faces and build trust with other adults.

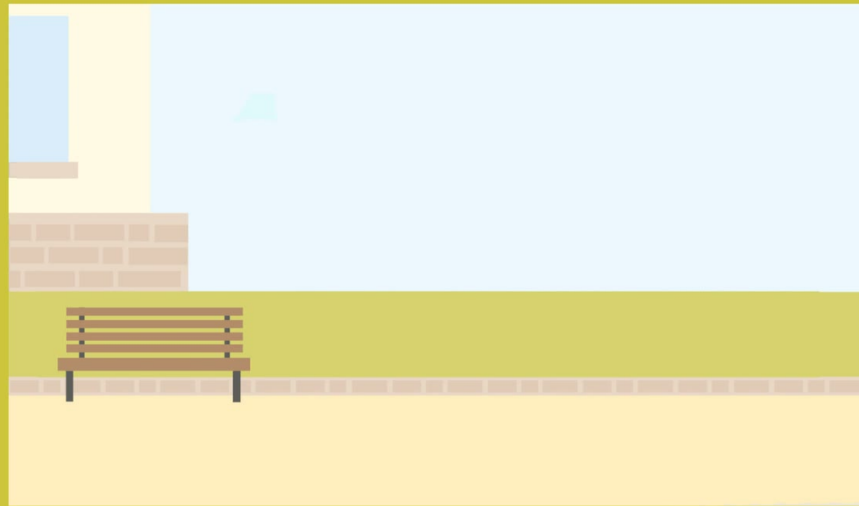


Communicating and Speaking

Let your baby hear a simple back-and-forth conversation with a neighbor, then talk together about the people you meet.



What You'll Need



Your usual walk

What You'll Need

1. Your usual walk



Hello, Hello!

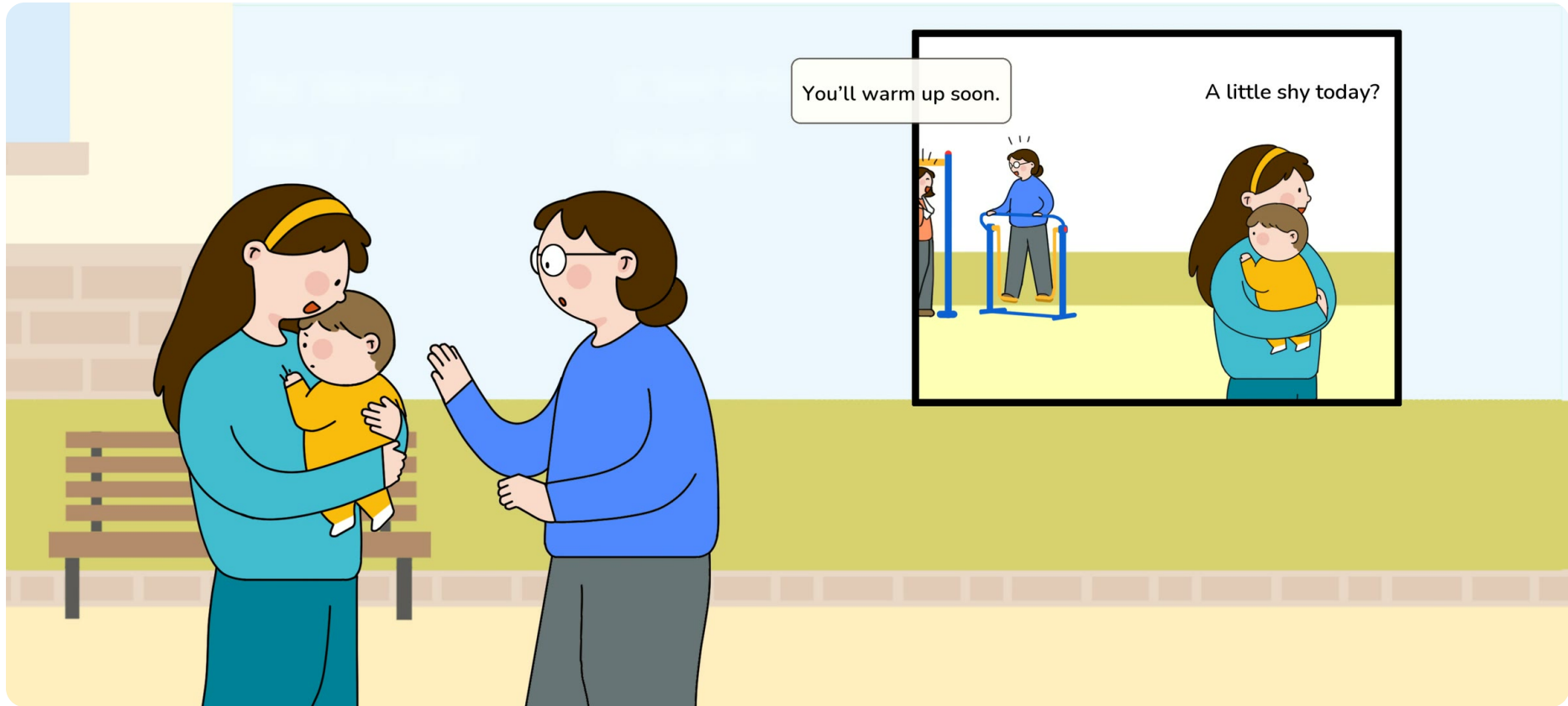
When a neighbor says hello during your walk, watch your baby's response. If they seem tense, comfort them first so they feel safe. Then model a friendly greeting. Your baby can learn from watching the two of you interact.

Observations

- Relaxes when you pick them up
- Looks toward you when they hear your voice

Tips

- Let your baby feel your warmth and steady support - one of the clearest signals that they are safe.
- Your baby also watches your tone and expression to decide whether the situation feels safe and relaxed.



Give Your Baby Time

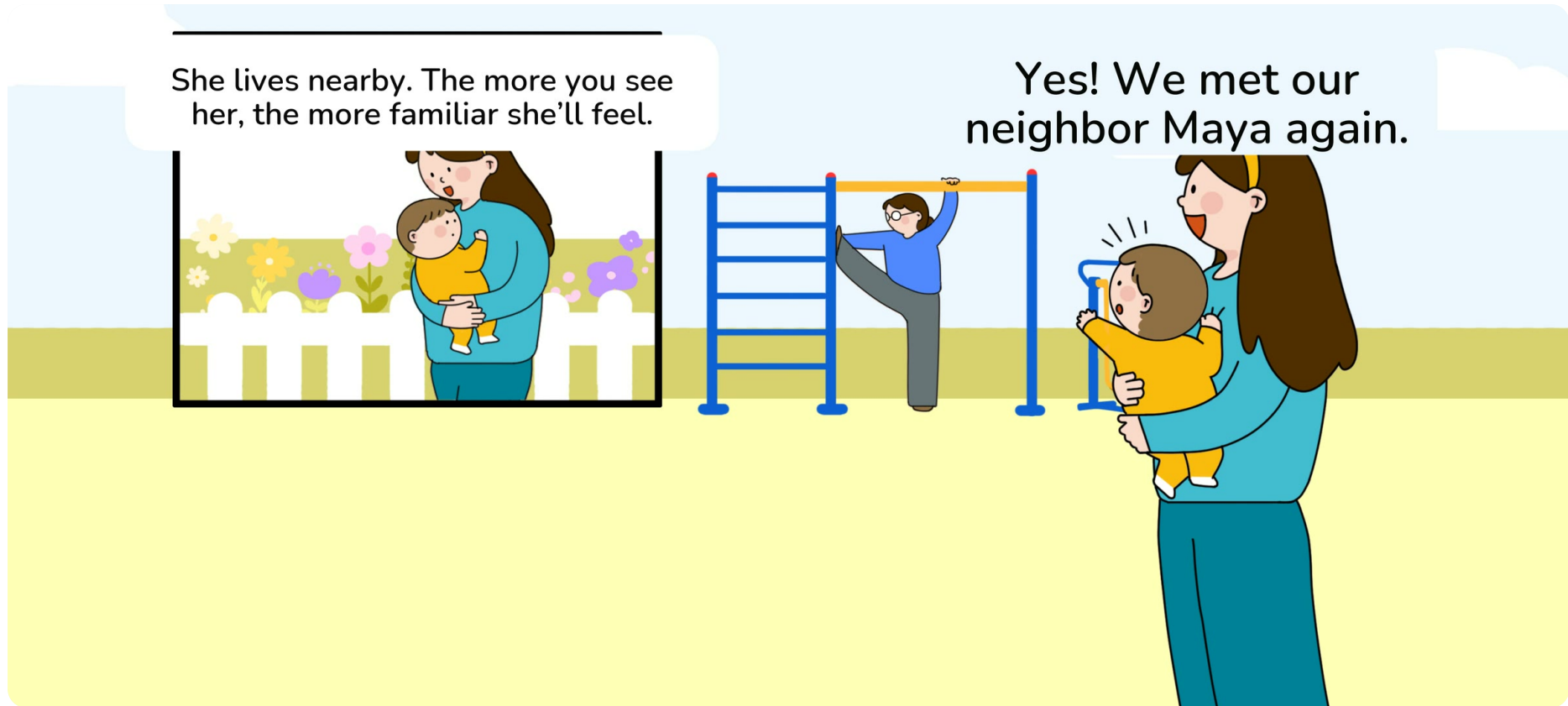
As you talk with the neighbor, keep watching your baby and respond to any change in emotion so they know you are paying attention. Adjust the distance from the other adult based on your baby's cues. Do not rush to correct or push social interaction; give them time and space to warm up.

Observations

- Shows unease around an unfamiliar person
- Studies an unfamiliar face

Tips

- If someone calls your baby “shy,” avoid turning it into a label. Gently change the subject and give your baby more time to adjust.
- Wariness around new people can show that your baby is starting to tell familiar faces from unfamiliar ones – part of cognitive development.
- If your baby turns away or presses close to you, offer a gentle touch or hold them close to show that you understand.



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After saying goodbye, keep watching your baby. Once they relax, talk about the neighbor you just met. The next time you meet, if your baby looks more at ease, warmly notice the change so they can feel your encouragement.

Observations

- Keeps the interaction going with gestures or sounds
- Gradually becomes familiar with other adults while you stay close

Tips

- When your baby seems ready, create more low-pressure chances to interact with other people.
- Watch your baby's face. If they look curious or relaxed, say, "You remember Uncle Bob. We can say hi again next time."
- A strong sense of safety can help your baby feel increasingly at ease with new people and places.