

## Meeting the Social and Emotional Needs of Infants and Toddlers

Social-Emotional Need	Ways to Meet Children's Needs
To feel safe and secure	<ul style="list-style-type: none"> <li>Be with me, both physically and emotionally</li> <li>Watch me as I play</li> <li>Talk to me about what I am doing</li> <li>Comfort me when I am upset</li> <li>Help me make sense of my negative feelings</li> <li>Structure my day and my environment</li> <li>Give me limits or boundaries for my behavior</li> </ul>
To feel worthy and loved	<ul style="list-style-type: none"> <li>Tell me how special I am</li> <li>Say my name often</li> <li>Notice me, even when I am quiet</li> <li>Accept and celebrate my unique characteristics</li> <li>Share your love with hugs and gentle touches</li> <li>Play with me</li> <li>Listen and respond to me</li> </ul>
To feel acknowledged and understood	<ul style="list-style-type: none"> <li>Pay attention to me and try to understand what I'm saying with my words and my cues</li> <li>Respond sensitively to my needs</li> <li>Reflect my feelings through your voice, touch, and facial expressions</li> <li>Accept all of my feelings, even the negative ones</li> </ul>
To feel noticed and receive attention	<ul style="list-style-type: none"> <li>Give me attention for positive behavior</li> <li>Redirect my negative behavior- show me something else I can do</li> <li>Appreciate my accomplishments and my efforts</li> <li>Initiate interactions with me; invite me to play</li> <li>Welcome me back when I need some attention</li> <li>Let me be your helper</li> <li>Touch me in loving, gentle ways</li> <li>Smile and let me know that you enjoy me</li> </ul>
To feel a sense of predictability	<ul style="list-style-type: none"> <li>Structure my days so that I know what to expect</li> <li>Use loving rituals that give me a positive, familiar feeling about the activity that we're doing</li> <li>Help me to anticipate changes or transitions</li> <li>Try to limit multiple changes at once or be sensitive if they happen</li> <li>Try to keep me with caregivers that I know and trust</li> <li>Give me choices</li> <li>Be consistent in how you take care of me</li> <li>Gently remind me about limits and expectations</li> </ul>

## Meeting the Social and Emotional Needs of Infants and Toddlers (continued)

Social-Emotional Need	Ways to Meet Children's Needs
To understand and be able to manage my upset feelings	<ul style="list-style-type: none"> <li>Welcome me back when I need your help</li> <li>Be loving and take charge to help me get through disappointment, anger, frustration, and other negative feelings</li> <li>Stay with me and comfort me</li> <li>Speak to me so I know you are close</li> <li>Hold me if it helps to sooth me</li> <li>Reflect my feelings with your words, touch, and facial expression</li> <li>Help me learn to express my upset feelings in okay ways</li> <li>Help me move on to a different activity</li> <li>Help me learn to self-soothe</li> </ul>
To feel a sense of control	<ul style="list-style-type: none"> <li>Give me lots of appropriate choices</li> <li>Help me make choices, if I need help</li> <li>Let me do as much as possible for myself</li> <li>Decide what is important for you to control and what I can control</li> <li>Help me explore by providing just enough support</li> </ul>
To feel safe and stimulated in my exploration	<ul style="list-style-type: none"> <li>Help me explore new objects, people, and surroundings</li> <li>Watch and comment as I play or play with me</li> <li>Structure my environment so I can focus my learning and play</li> <li>Be clear about expectations and limits that help me to be safe</li> <li>Give me gentle reminders of the rules- be consistent but flexible</li> <li>Welcome me back when I need to touch base with you before I explore some more</li> </ul>
To feel competent	<ul style="list-style-type: none"> <li>Teach me in a way that encourages me to make discoveries on my own</li> <li>Encourage my efforts, including times I'm not successful</li> <li>Give me lots of opportunities to learn something new or try to do something by myself</li> <li>Give me just enough support so that I can succeed at something new and not feel too frustrated while trying</li> <li>Recognize any progress I'm making in learning something new</li> </ul>
To have mutually enjoyable relationships and feel a sense of belonging	<ul style="list-style-type: none"> <li>Interact with me, enjoy me, and accept my feelings</li> <li>Recognize, accept, and admire my unique feelings and characteristics</li> <li>Respond sensitively to my feelings, needs, and attempts to interact</li> <li>Empathize with me and help me understand my feelings so that I learn to care about others</li> <li>Be willing to adjust how you interact with me to keep our relationship running smoothly</li> <li>Help me learn to work through conflicts by negotiating with me when we have conflicts</li> <li>Help me get to know other children and guide us as we learn to share, be kind, and cooperate with each other</li> </ul>