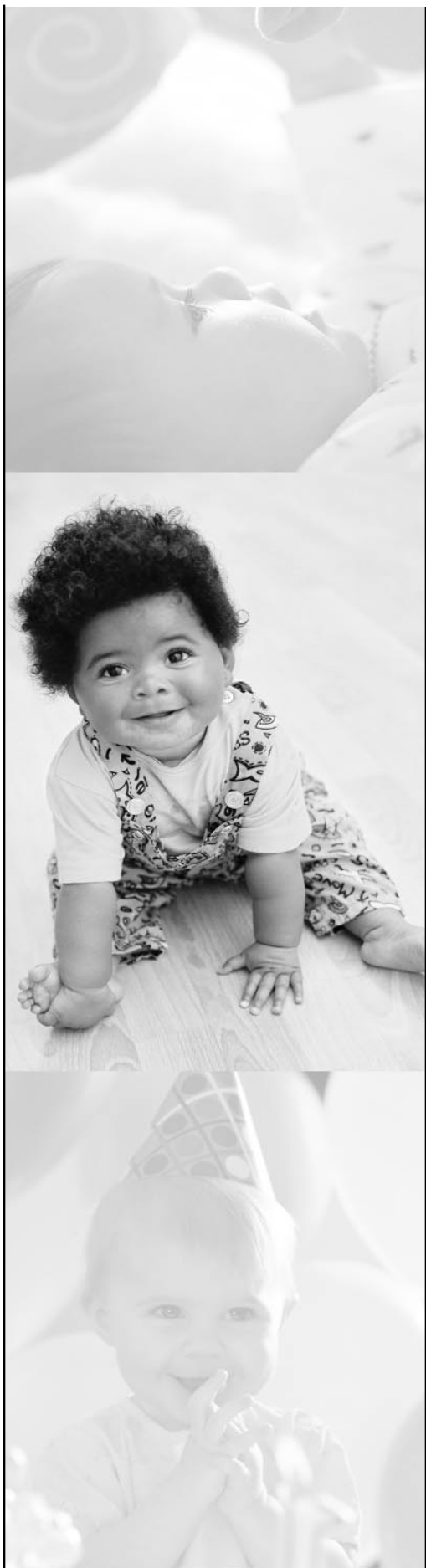
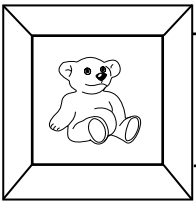


Joy and Laughter

? INQUIRY QUESTIONS

- What is the difference between sharing emotion and being emotional?
- What emotions can a baby express? How does a baby signal those?
- What do emotional signals allow a baby to do?
- How does sharing positive emotion help a baby develop emotional stability?
- How is sharing negative emotion different from scolding a baby?
- How does a parent's emotion influence the way his baby behaves?





Conceptual Overview

LOVE TOPIC 4

1. **Emotions are the language of infancy.** Infants are able to understand the feelings of their parents by their tone of voice, their facial expressions, their touch, and even their smell. Babies communicate their needs to parents in the same way, with emotional signals. This means that the first connections we experience with others are emotional connections. Emotions are our communication link to one another. Throughout life, we will continue to understand and connect through shared emotions.
2. **Love is built with joy and laughter.** Sharing fun, developing an idea, working together on a task brings us close. It gives us a feeling of shared goals and beliefs. Sharing a laugh or a positive experience is often the beginning of a relationship. Positive emotional connections keep us close. Sharing positive feelings builds confidence; we feel valued by one another. This leads to feelings of safety and contentment. We are open to new learning. We become more collaborative and creative.

Shared positive emotions are contagious. Others become more positive when we share interest, joy, and laughter. Parents who learn songs, lullabies, and rhymes for their babies will bring love and joy into both of their lives. Sharing positive emotions will usually repair a negative feeling in a relationship. It opens the door to discussion and problem solving. Always end the day, end the argument, end the discipline with shared positive emotions.

3. **Sharing positive emotions is the most powerful gift parents can give their child.** Infants and toddlers imitate the emotions of their parents. What interests or delights a parent will also interest a baby. Sharing positive emotions is a key to building self-esteem, independence, and resiliency in a child. It is also a key to regulating behavior, diverting a child from problems, and calming a fear.

Parents' emotions will become the pattern for their children. The way parents regulate their own emotions will be the way their babies learn to behave. If babies are around positive people, they will use these emotions to connect with others. This will lead to a pattern of connection and positive relationships. In turn, these relationships will continue to give them interest, excitement, and fun in their surroundings. They will feel emotional stability and resiliency.

4. **Love also involves sharing negative emotions.** We all become angry, sad, or fearful sometimes, and these feelings are shared by our loved ones, especially by our children. Shared negative emotions send different chemicals to the brain. These emotions caution and alert us. We stop what we were doing or thinking and re-evaluate. We focus on protecting ourselves. Shared negative emotions arouse very different kinds of actions within us. It is important that we learn about them so that we can use them with caution.

Expressing negative emotions should be done with temperance and control. When we express fear, it alerts others to be cautious and avoid danger. In this way, shared negative emotions serve a purpose. When a mother sees her toddler about to run into the street, she shares her fear with a gasp and a cry. The toddler stops. However, fear is such a powerful feeling, it stays in memory and may expand to other situations. The toddler may withdraw and become fearful of going out or leaving his mother's side. Shared negative emotions need to be repaired by calmly teaching about the action or thing that was frightening and then ending with shared positive emotions and successful actions. "Hold my hand and we will go down together."

Expressing strong negative emotion can be detrimental. Sharing strong feelings of fear or anger can lead the child to internalized feelings of insecurity and defensiveness that will inhibit learning. Shared sadness is an equally powerful inhibitor when these emotions are prevalent in a child's life.

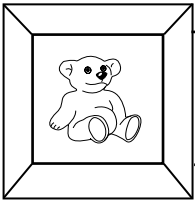
5. *Sharing a loved one's negative emotions without joining him or her is important.* When a parent says, "I hear you are angry," or "I hear you are sad," it will help release some of the pain of negative feelings in the child, and he or she will feel better. Your children need to feel safe in letting you know that they are frightened, sad, or angry. They need to feel that you understand their pain. But it is not helpful for you to take on their negative feelings and become angry or sad too.

Infants and toddlers rely on their parents to help them regulate and repair their negative emotions, not scold them or reject them. Just a touch or a hug can quiet anger, fear, or pain. This does not mean giving in or joining in. "I hear that you are sad" does not mean "Okay, okay, have whatever you want." This is the important difference between being emotionally attuned to your child and spoiling her.

6. *Emotions are a mark of our humanity.* We share them in all interaction. It is important to keep more positive emotions in our lives than negative and to work toward keeping our negative emotions under control.

Babies understand how they feel when they laugh or cry, and they can also understand how others are feeling when they show these same emotions. Sharing positive emotions creates a deep bond, a feeling of "oneness." This emotional connection is what allows children to care about the feelings of others. Concern about the other, or empathy, is crucial to a love relationship. Empathy is also the foundation of conscience. It guides the "do's and don'ts" of human relationships and the development of values.

When we share our emotions with our children, we teach empathy. They begin to understand that their actions affect how others feel. When we join them in their joys and pleasures, we enhance their learning. When we help them regulate their emotions, we teach them self-control, problem solving, and resiliency. Sharing emotions wisely is a layer of love.



Tools for Presentation

LOVE
TOPIC 4

Terms to Understand

- **“Big Breath”**
a quick reminder to parents to control anger and ask “Why is my baby or toddler acting this way?”
- **Continuity**
the state or quality of being uninterrupted in time
- **Empathy**
ability to put oneself in another’s place and feel what that person feels
- **Equilibrium**
a midpoint between opposing forces; equal balance; a feeling of physical and emotional balance
- **“Oneness”**
shared emotions leading to shared understanding; a feeling of safety and closeness
- **Pattern**
something that is repeated over and over; an expected procedure
- **Resiliency**
ability to find balance, regain equilibrium, recover, or adjust easily
- **Shared Positive Emotions (SPEs)**
sharing interest, joy, surprise, and contentment
- **Stabilized**
feeling settled, balanced, or grounded

Suggested Activities

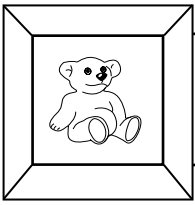
- *PIPE Activity Cards:*
7, 63, 82, 93, 96, 101, 108, 114

Other Materials & Supplies

- Video: *Teddy Bears’ Picnic*, Family Home Entertainment, f.h.e., 15400 Sherman Way, Suite 500, Van Nuys, CA 91406 ISBN 1-55658-360-5
- Optional: assortment of supplies of choice for Teddy Bear Picnic (see pg. 230)
- Medium-sized baby doll
- Magazine pictures of parents and babies sharing positive emotions; construction paper or poster board; glue, scissors
- Cardboard hearts and a basket of “warm fuzzies” (e.g., cotton balls or yarn pom-poms)
- “Checking What I Learned” form [see appendix and appendix of the *Parent Handouts* notebook]

- #116 ■ Topic Animal Artwork
- #117 ■ Inquiry Questions
[also see page 219]
- #118 ■ Emotions Allow Babies to ...
[also see page 231]
- #119 ■ Sharing Emotions
[also see page 232]
- #120 ■ The Power of Sharing Emotions
[also see page 233]
- #121 ■ Shared Positive Emotions Lead to These Feelings ...
[also see page 234]
- #122 ■ How Shared Positive Emotions Work
[also see page 235]
- #123 ■ Block Play Activity
[also see page 236]
- #124 ■ Techniques to Enhance Shared Positive Emotions
[also see page 237]
- #125 ■ Shared Negative Emotions Lead to These Feelings ...
[also see page 238]
- #126 ■ How Shared Negative Emotions Work
[also see page 239]
- #127 ■ Share — *Don't Join* — Negative Emotions
[also see page 240]





Instructional Plan

LOVE
TOPIC 4

Outcomes

- Parents will recognize the power of sharing emotions and how empathy is essential to a love relationship.
- Parents will become more confident and skilled in sharing positive emotions and in using them to regulate and negotiate.

FOUR-STEP INSTRUCTIONAL PROCESS



PRESENTATION OF CONCEPTS

INTRODUCTION OF TOPIC

■ **Love is built with joy and laughter** [see *Conceptual Overview #2*].

- Sharing fun makes us feel close.
- We want to continue this relationship.
- Sharing ideas and skills helps us value each other.

- Surprise parents with a Teddy Bear Picnic [see pg. 230 for ideas]. Bring juice, treats, music, and games. Invite family, friends, and stuffed animals to “join in.”

Discuss how a picnic makes everyone feel close. Parents will probably want to continue with the fun.

■ **Love grows when we feel safe enough to share negative emotions** [see *Conceptual Overview #5*].

- It is an art to learn how to hear and help release another’s pain *without adopting or joining it*.
- Support your loved ones without joining their negative feelings.

- Show the video *Teddy Bears’ Picnic*.

Role play the bears discovering the girl hiding. She is afraid and is crying.

Ask the parents how the bears handle the girl’s negative feelings.

- Do they listen and consider her fears?
- Do they acknowledge the fear?
- Do they comfort her?
- Do they redirect or problem solve?
- Do they find a happy ending?

KEY CONCEPTS

■ **Emotion is the language of infancy** [see *Conceptual Overview #1*].

- Babies respond to emotional signals from birth.
- Babies communicate emotional signals.
- Babies will imitate the emotions of their parents.
 - Use the topic animal artwork to begin discussing the idea that emotion is an infant's *language*.
 - Using a doll (or *in a home visit*, a very young baby) illustrate how parents speak in a high voice and smile at their baby.

Be sure to note how the baby attends and shows emotion.

Newborns turn to parents' voices, prefer looking at a human face, and will imitate the emotions of other people.

■ **Sharing emotions is how relationships are built** [see *Conceptual Overview #6*].

- Sharing emotions teaches understanding and acceptance.
- Sharing emotions tells us right from wrong.
- Sharing emotions leads to learning values.
 - Discuss "Emotions Allow Babies to ..." [see pg. 231].

Ask parents to describe or show a baby's "emotional signal." How does this signal affect others?
 - Review "Sharing Emotions" [see pg. 232].
 - Using "The Power of Sharing Emotions" [see pg. 233] as a basis for the discussion, give and discuss the (abbreviated) handout with the parent.

■ **Sharing Positive Emotions (SPEs) is the most powerful gift parents can give their child** [see *Conceptual Overview #3*].

- Sharing positive emotions leads to feelings of safety, closeness, and self-esteem.
 - Using magazine pictures of babies and parents sharing joy, surprise, excitement, and contentment, have parents make a collage shaped by spelling the word *love*.
 - Discuss:
 - What makes their babies laugh?
 - What does each parent do to make his baby laugh?
 - Explain the handout "Shared Positive Emotions Lead to These Feelings" [see pg. 234] using "How Shared Positive Emotions Work" as a basis for the discussion [see pg. 235].
- Positive emotions can be used to focus, divert, or comfort a baby or toddler.

- Having fun together is essential to good parenting.
 - Role play how SPE works during play, using “Block Play Activity” [see pg. 236] and “Techniques to Enhance Shared Positive Emotions” [see pg. 237].

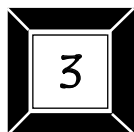
Have two parents act out the scene *or* the home visitor can act out the scene using a doll. Have the remaining parents look for examples of the techniques to enhance shared positive emotions during the role play. What are each parent’s observations? Discuss.
- **Love also involves sharing negative emotions** [See *Conceptual Overview* #4 and #5].
 - Negative emotions alert and caution the baby and toddler.
 - They regulate behavior by increasing anxiety.
 - Review the negative emotions, (distress, sadness, anger, fear).

Explain the handout “Shared Negative Emotions Lead to These Feelings” [see pg. 238] using “How Shared Negative Emotions Work” as a basis for the discussion [see pg. 239].
 - When used sparingly, they are helpful.
 - When used too often, they lose power.
 - Discuss the functions/results of using negative emotions.
 - Negative emotions that are too strong frighten children. They do not teach or regulate.
 - Too many negative emotions cause withdrawal, insecurity, or aggression.
 - Discuss how to control anger and controlling negative emotions in a clear, calm, controlled way. [See also, Play Topic 6 and Love Topic 8 for more information on handling anger.]
- **Positive emotions can be used to refocus, divert, or comfort a baby or toddler.**
 - Use “Share — *Don’t Join* — Negative Emotions” [see pg. 240] to discuss useful skills in dealing with others’ negative emotions.
 - Brainstorm how SPEs can regulate negative emotions.

2

DEMONSTRATION

In a school setting, tour the nursery to see how to respond to or initiate Shared Positive Emotions (SPEs) with babies. In a home visit, model sharing positive emotions with a baby. Use *PIPE Activity Cards* to demonstrate the “Techniques to Enhance Shared Positive Emotions” [see pg. 237].



SUPERVISED PARENT-CHILD INTERACTION

WHAT?

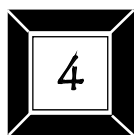
- Parent practices sharing positive emotions with his child.

WHY?

- The goal of this activity is for the parent and his child to experience together a range of positive emotions, from quiet joy to more excited pleasure.

How?

- Suggest appropriate activities his child will enjoy. The parent may want to use his child's favorite toy or game or *PIPE Activity Cards*.
- To help ensure a successful experience, review with the parent his child's temperament indicators. [See Play Topic 2 and Love Topic 2 for more information on temperament and individual differences.]
- Emphasize that the main purpose of these activities is for the parent and his child to have fun and enjoy each other. Review "Techniques to Enhance Shared Positive Emotions" [see pg. 237].
- Parent selects age-appropriate activities to do with his child and practices sharing positive emotions during one or more of these activities.



EVALUATION

EVALUATING THE PARENT-CHILD INTERACTION

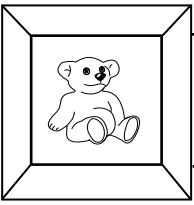
- ❑ Discuss the interactive experience:
 - How did the child react to the activities?
 - What did the parent learn about sharing emotions with his child?
 - Did he have an opportunity to regulate his child's behavior through positive emotion?

TOPIC EVALUATION AND CLOSURE

- ❑ Parent completes "Checking What I Learned" [see appendix and the appendix of the *Parent Handouts* notebook].
- ❑ Parent keeps a log to document SPE experiences.

OR

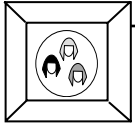
Provide each parent with a cardboard heart or cut out his handprint. Pass a basket of "warm fuzzies" (cotton balls or yarn pompoms). Take turns describing SPE experiences. As a parent documents a time of Shared Positive Emotions (SPEs), he glues one warm fuzzy onto the heart or handprint. Discuss how shared positive emotions provide a cushion and guide for a child as he learns and develops.



Topic Enhancers & Instructional Aids

Topic Enhancers

The ideas below are optional topic extenders. Parents may like to try them (as time and interest in a concept allow), or the parenting educator may use selected activities to help a parent explore a specific concept in greater depth.

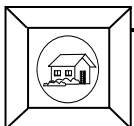


For a parent group:

- Have parents develop a bulletin board: “Sharing Positive Emotions (SPEs).” Use pictures of parents and babies or toddlers showing positive emotions.
- Have parents display the hearts with the parent and baby bears surrounded by the “warm fuzzies” of shared emotions.

Suggestions for the parent educator:

- Keep the basket of “warm fuzzies” and a bottle of glue available for parents to exchange a description of shared positive emotions for a “warm fuzzy” on their bulletin board hearts throughout the year. Parents can also add stickers for times they used controlled negative emotions or took a “Big Breath.”
- Parent educators model sharing positive emotions or regulating behavior by using positive emotions for the parents.
- Educator can give parents a “warm fuzzy” container (any container with pompoms or cotton balls glued on top) and then give the parent a slip of paper with instances in which she saw the parent sharing positive emotions with his child. This can be added to at any time.

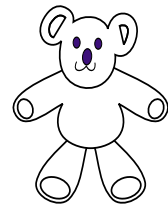


For parents at home:

- Parent begins keeping a scrapbook of special moments with his baby. Include photos of his baby if possible.
- Parent tries using SPEs with other family members or other adults he deals with.
- Parent practices using SPEs during daily care routines or to refocus his child or regulate negative behaviors.
- Before the next visit, the parent practices regulating his child’s behavior using SPEs. Share his experiences at the next home visit.



Optional Activities and Ideas for Having a Teddy Bear Picnic



1. Lacing Bear Shapes

Cut brown posterboard into bear shapes and punch holes around the edges. Use colorful yarn with the end taped. Parents use the yarn like a needle to “lace” the yarn through the holes.

2. Teddy Bear Puppets

Use brown lunch sacks to make simple teddy bear puppets. Let parents create the faces with construction paper and markers. Then glue the ears to the bottom (closed) corners of the bag.

3. Coffee/Cinnamon Bears

Give each parent a paper bear shape to cut out. Brush the shape with glue and then sprinkle it with coffee grounds or dry cinnamon and let dry.

4. Storybook Journeys

Have the childcare center’s staff focus on the theme of bears. Create storybook journeys of *Goldilocks and the Three Bears*, *A Teddy Bears’ Picnic*, *Brown Bear, Brown Bear* or any other favorite bear stories. The educator might consult with a librarian for help.

5. A Teddy Bear House

Use graham crackers and frosting to build a house for the teddy bear, something like a gingerbread house. Teddy grahams can be used to represent the bears in the house.

6. Make “Baby Bear Yogurt Treats”

Mix finely chopped pieces of 1/4 of a banana with 3 Tbs. plain yogurt. Make a paste. Spread on graham crackers. Break the crackers into sections and sprinkle with decorating sugars. Arrange on a plate.

NOTE: Although baby bears like honey, baby humans are often made sick by eating it. Until your baby is over 1 year of age, we recommend you avoid honey recipes (see Schmitt, Barton D. *Your Child’s Health: A Pediatric Guide for Parents*).

7. Consult books of songs, rhymes, and finger plays to find suitable Finger Plays or Teddy Bear Songs.

Suggested titles to collect from various sources:

SONGS:

“The Bear Went Over the Mountain”

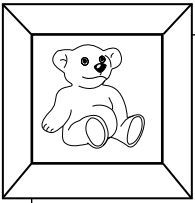
“Little Bear, Little Bear”

FINGER PLAYS:

“Here Is a Cave”

“Teddy Bear, Teddy Bear”

“Three Brown Bears”



Emotions Allow Babies to ...

■ COMMUNICATE

The baby cries to signal distress.

The baby laughs to signal joy.

The baby points and kicks to signal interest.

The baby yawns to signal tiredness.

The baby turns away to signal overload.

The baby stiffens and tightens body
to signal fear.

"I need you."

"I like this."

"What is that?"

"Put me to bed."

"I need a break."

"Hold me; help me."

■ FEEL EFFECTIVE

The baby screeches and adults turn.

The baby coughs and parents come.

The baby laughs and everyone laughs.

"Look, they noticed me!"

"I can get them to come to me."

"They heard me; they like me."

■ BE ENERGIZED OR MOTIVATED

"This is fun. I'll kick and laugh again and again."

"I don't want to be alone. I'll scream until somebody comes."

"I'm afraid. I'll pant and grunt and reach up for help."

"I'm interested. I'm learning. I want to keep practicing."

■ CONNECT WITH OTHER HUMANS

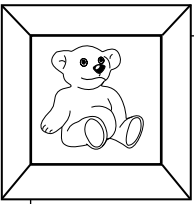
"I laugh when they laugh. I'm one of the group."

"I cry and they come. We understand each other."

"I stop when they frown. I may be in danger."

"I want to belong. I will copy my parents."





Sharing Emotions

Emotions are universal — the same for all humans.

- We understand others through emotional signals.
- We read and act on emotional signals before we hear and process words.
- We connect with people who understand our emotional signals.

Even newborns express and understand emotional signals.

- By expressing emotional signals, babies get help to survive.
- Babies read the touch, voice, and face of their parents. Babies regulate their actions in response to these emotional signals.
- By understanding emotional signals, babies share the joy and pain of others. This is how they learn to understand and accept another's feelings. This is called empathy. This is how babies learn respect for others.

The way parents share emotions with babies becomes a pattern.

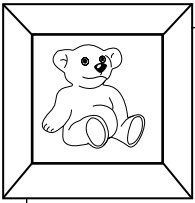
- Sharing emotions is how relationships are built. The way parents and babies share emotions becomes the pattern for the next relationship. This pattern becomes set in the baby's mind.
- The relationship pattern that babies learned from their parents is what they will use to form other relationships. Babies will expect all relationships to be like the first one.

Patterns of shared emotions give babies a sense of right and wrong.

- By reading others' emotions, babies learn what others like and don't like.
- They try to behave in ways that increase shared positive emotions.
- They try hard to avoid negative emotions.
- Babies want to fit in with other people and to be accepted and liked. We motivate and regulate one another through emotion. This is how we join into families and communities.

Sharing emotions is how we learn to respect and value other humans.

- It is one of the most powerful and effective skills we possess.



The Power of Sharing Emotions

Within every relationship we share emotions. The power that comes from sharing emotions is the pattern that develops over time.

SHARED EMOTIONS LEAD TO:

■ Shared Understanding

We can understand others' feelings because they are like our own. This shared understanding leads to strong relationships, both positive and negative.

■ Shared Intentions

When we share understanding, we become "in touch." We share the same goals as another. Because of this, we may continue to connect, or we may decide to avoid each other.

■ Shared Motivations

If we share the same feelings and intentions, we energize one another. We share plans; we begin to work together.

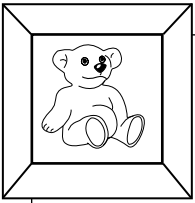
■ Patterns of Interaction

If we continue to share feelings and goals and work together, it becomes a pattern. This pattern becomes the way we behave together. It becomes expected and enduring. We form friendships or love relationships.

■ Expectations for Relationships

For babies, the first patterns of interaction become the model for all interactions. They expect all relationships to be similar to their first experiences. *When adults meet someone new*, their first interaction often is a model for the next time they meet. They store this model in memory to use again. If the model is pleasurable, it helps form a relationship.



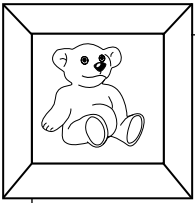


Shared Positive Emotions Lead to These Feelings*

| | | | | |
|-------------|---|----------------|---|---------------|
| *PLEASURE | ⇒ | Sustain | ⇒ | Recreate |
| *CLOSENESS | ⇒ | Trust | ⇒ | Collaboration |
| * SAFETY | ⇒ | Confidence | ⇒ | Exploration |
| *ACCEPTANCE | ⇒ | Feeling Valued | ⇒ | Pride |

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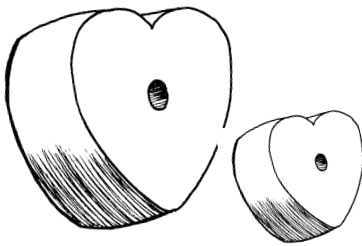


How Shared Positive Emotions Work

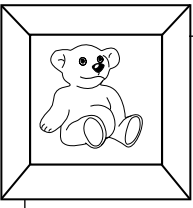
Parents who share more positive emotions than negative emotions have children who are confident, motivated, cooperative, and creative.

- Positive emotions influence relationships differently than negative emotions do. They are processed differently by the brain and the nervous system.
- Positive emotions include interest, surprise, joy, excitement, and contentment.
- Shared positive emotions give us *pleasure*: they let us feel close, safe, and accepted.
- Shared positive emotions are motivating. They encourage us to *sustain* or expand the experience. We want to *recreate* the experience and continue the relationship.
- When we share positive emotions, we feel *close*. We begin to *trust* one another and to *collaborate* together.
- Sharing positive emotions gives us feelings of *safety*. When we share positives with another, over time, we gain *confidence* in ourselves and in our relationship. We become willing to *explore* and venture into new skills and ideas.
- When we share positive emotions, we feel *accepted*. We know we are *valued*; we feel worthy. This makes us feel *proud*. It leads to self-esteem.

Do you know people who seem to be always on the “bright side” of things?



- Is it their personal style?
- Do you think they practice this?
- Do they seem to have more fun?
- Do they enjoy their children?



Directions: Block Play Activity

Role play and then discuss sharing positive emotions during play.

MOM SITS FACING BABY.

Mom has a bag of blocks. (She smiles and talks to the baby.)

Mom looks inside the bag. *"Oh! What is in here?"* (She uses excitement & wonder in her voice.)

Mom lets the baby look inside the bag. *"What is it?"* (She builds suspense and surprise.)

Mom allows the baby to open the bag and pour out the blocks.

Mom waits while the baby handles the blocks. *"Look at all those blocks."* (She expresses interest.)

Mom bangs two blocks together. *"See! Listen!"* (She expresses and encourages more interest.)

BABY BANGS BLOCKS TOGETHER. (Mom laughs.)

BABY BANGS BLOCKS ON THE FLOOR. (Mom imitates the baby and smiles.)

BABY HANDS BLOCK OUT TOWARD MOM. *"I see. It's a red block."* (She expresses interest.)

Mom holds out her hand and lets the baby give her the block.

Mom returns the block to the baby. *"Thank you. It's very pretty."* (She expresses pleasure.)

MOM PUTS BLOCKS INTO A DUMP TRUCK.

"Look, we can load the truck!" (She expresses interest and surprise.)

BABY PUTS SOME BLOCKS IN ALSO.

"Good, you are loading the truck too! We are working together."
(She expresses pleasure and encouragement.)

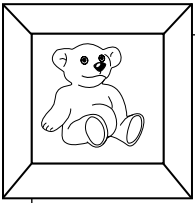
MOM DRIVES THE TRUCK AWAY.

"Rummmm, Rummmm!" (Mom has fun and acts silly.)

BABY LAUGHS. MOM LAUGHS.

"Wasn't that fun!" (Mom kisses her baby.)

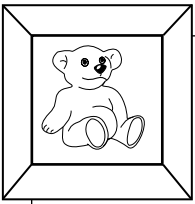




Techniques to Enhance Shared Positive Emotions

1. Approach with a smile or laugh.
2. Use eye contact.
3. Show fun, excitement, and wonder in your voice when you talk to your baby.
4. Use rhythm or song in your voice to spark the baby's interest.
5. Start gently – it takes time for a baby to get the idea. A baby may move slowly from one state to another. He or she may seem overwhelmed.
6. Regulate or divert the baby with fun or interest, rather than scolding.



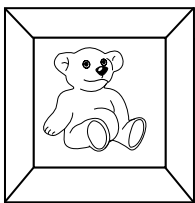


Shared Negative Emotions Lead to These Feelings*

| | | | | |
|--------------|---|------------------|---|---------------|
| *DISPLEASURE | ⇒ | Elimination | ⇒ | Withdrawal |
| *ALERT | ⇒ | Re-evaluation | ⇒ | Insecurity |
| *CAUTION | ⇒ | Distrust | ⇒ | Defensiveness |
| *REJECTION | ⇒ | Feeling Devalued | ⇒ | Shame |

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How Shared Negative Emotions Work

Babies take on the emotions of their parents. Babies cannot stay neutral. They often become overwhelmed by the negative emotions of others, especially of their parents. Strong negative emotions, such as anger, fear, or sadness, give children feelings of fear or shame. Babies will try to escape these feelings.

Sharing negative emotions must be used sparingly to be effective. Positive and negative emotions are processed differently in the nervous system, which in turn sends different chemicals to the brain. Extreme negative emotion stops learning and can slow development.

Sharing negative emotions bring feelings of *displeasure*. We feel alerted, and become cautious. We re-evaluate what we are doing. Because of this, giving negative signals can play a useful role for parents in alerting their babies to danger. It can signal when behaviors are unacceptable or unkind. Controlled negative emotions can establish rules of respect for others. Setting limits is one way that babies learn right from wrong. It is one way babies can feel protected or regulated by their parents, if they know that negative emotions are directed at their behavior and not at them.

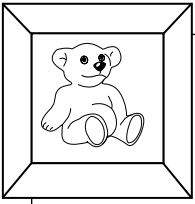
Shared negative emotions motivate us to *eliminate* the negative feelings. The baby wants to withdraw from the people or things that cause them. However, when parents help babies understand what they do want, then learning occurs. When sharing a parent's emotions causes feelings of fear, anger, or sadness in the baby, he or she may become emotionally out of control. Learning then is side-tracked.

If shared negative emotions happen too often in a relationship or are too strong, they cause us to feel insecure, and to distrust the person or place where they happened. We may withdraw and quit learning or we begin to defend against them by attacking or destroying something. Sometimes when we feel helpless, we tend to save our bad feelings until we attack someone weaker than we are.

When shared negative emotions happen too often in a relationship, they cause both partners to feel rejected and devalued. This leads to feelings of shame and guilt, which are not deserved. These feelings damage self-confidence and can remain with a child for a lifetime.

Negative emotions — used sparingly — are helpful. They regulate, teach, and define respect.

Negative emotions — used too often — are destructive to each person in the relationship. It is crucial to the emotional health of the child that the parents learn how to minimize negative emotions, to control them, and to relieve them in others. Take a “Big Breath” and ask “Why?” before you say anything.



Share — *Don't Join* — Negative Emotions

Parents who listen to their baby's feelings of distress, anger, sadness, and show understanding for these feelings, allow their baby a safe place to let negative feelings out. The parent can say, "I know you are angry; I would be too." Because negative feelings hurt, an understanding statement like this provides the baby with comfort for his or her negative feelings. But the parent stays neutral. A parent does not join the emotion and become angry also. Instead, he or she can follow these steps to help rebalance and problem solve with the baby:

1. Listen to the baby.
2. Acknowledge his or her feelings.
3. Comfort.
4. Redirect and/or problem solve.
5. Move to happy sharing.

SCENARIOS

(Role play the following situations or make up your own scenarios.)

■ **BABY FALLS, CRIES:**

"Oops! ... Are you OK?! Let me brush you off. Shall we go find the ball?"

OR

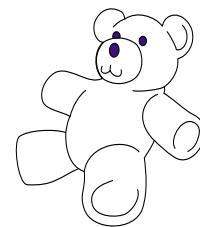
"Oops! Are you OK? I'm sorry you hurt yourself. Let me see. ... Let me kiss it. ... All well? Let's go find the ball."

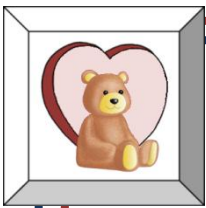
■ **BABY IS LEFT ALONE, CRIES:**

"You sound frightened. ... Are you alone? ... It isn't fun to be alone. ... Let me pick you up and we'll have a hug. ... Let's read a story together."

■ **BABY DOESN'T RESPOND TO REDIRECTION, HAS SOMETHING TAKEN AWAY, CRIES, and KICKS:**

"You sound angry. ... I understand, I would be too, but it is not safe to play with this. ... Look! Let's play. ... OH, I see you are still mad. You need to be mad in your own place. Here's Teddy; you're safe here. I'll see you in a few minutes when we can talk together."





Joy and Laughter



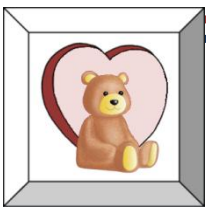
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Topic 4: Joy and Laughter

INQUIRY QUESTIONS

- ♥ What is the difference between sharing emotion and being emotional?
- ♥ What emotions can a baby express? How does a baby signal those?
- ♥ What do emotional signals allow a baby to do?
- ♥ How does sharing positive emotion help a baby develop emotional stability?
- ♥ How is sharing negative emotion different from scolding a baby?
- ♥ How does a parent's emotional behavior influence how his baby behaves?



Emotions Allow Babies to

♥ Communicate

The baby cries to signal distress.
The baby laughs to signal joy.
The baby points and kicks to signal interest.
The baby yawns to signal tiredness.
The baby turns away to signal overload.
The baby stiffens and tightens body to signal fear.

"I need you."
"I like this."
"What is that?"
"Put me to bed."
"I need a break."
"Hold me; help me."

♥ Feel Effective

The baby screeches and adults turn.
The baby coughs and parents come.
The baby laughs and everyone laughs.

"Look, they noticed me!"
"I can get them to come to me."
"They heard me; they like me."

♥ Be Energized or Motivated

"This is fun. I'll kick and laugh again and again."
"I don't want to be alone. I'll scream until somebody comes."
"I'm afraid. I'll pant and grunt and reach up for help."
"I'm interested. I'm learning. I want to keep practicing."

♥ Connect With Other Humans

"I laugh when they laugh. I'm one of the group."
"I cry and they come. We understand each other."
"I stop when they frown. I may be in danger."
"I want to belong. I will copy my parents."





Sharing Emotions

Emotions are universal – the same for all humans.

- ♥ We understand others through emotional signals.
- ♥ We read and act on emotional signals before we hear and process words.
- ♥ We connect with people who understand our emotional signals.

Even newborns express and understand emotional signals.

- ♥ By expressing emotional signals, babies get help to survive.
- ♥ Babies read the touch, voice, and face of their parents. Babies regulate their actions in response to these emotional signals.
- ♥ By understanding emotional signals, babies share the joy and pain of others. This is how they learn to understand and accept another's feelings. This is called empathy. This is how babies learn respect for others.

The way parents share emotions with babies becomes a pattern.

- ♥ Sharing emotions is how relationships are built. The way parents and babies share emotions becomes the pattern for the next relationship. This pattern becomes set in the baby's mind.
- ♥ The relationship pattern that babies learned from their parents is what they will use to form other relationships. Babies will expect all relationships to be like the first one.

Patterns of shared emotions give babies a sense of right and wrong.

- ♥ By reading others' emotions, babies learn what others like and don't like.
- ♥ They try to behave in ways that increase shared positive emotions.
- ♥ They try hard to avoid negative emotions.
- ♥ Babies want to fit in with other people and to be accepted and liked. We motivate and regulate one another through emotion. This is how we join into families and communities.

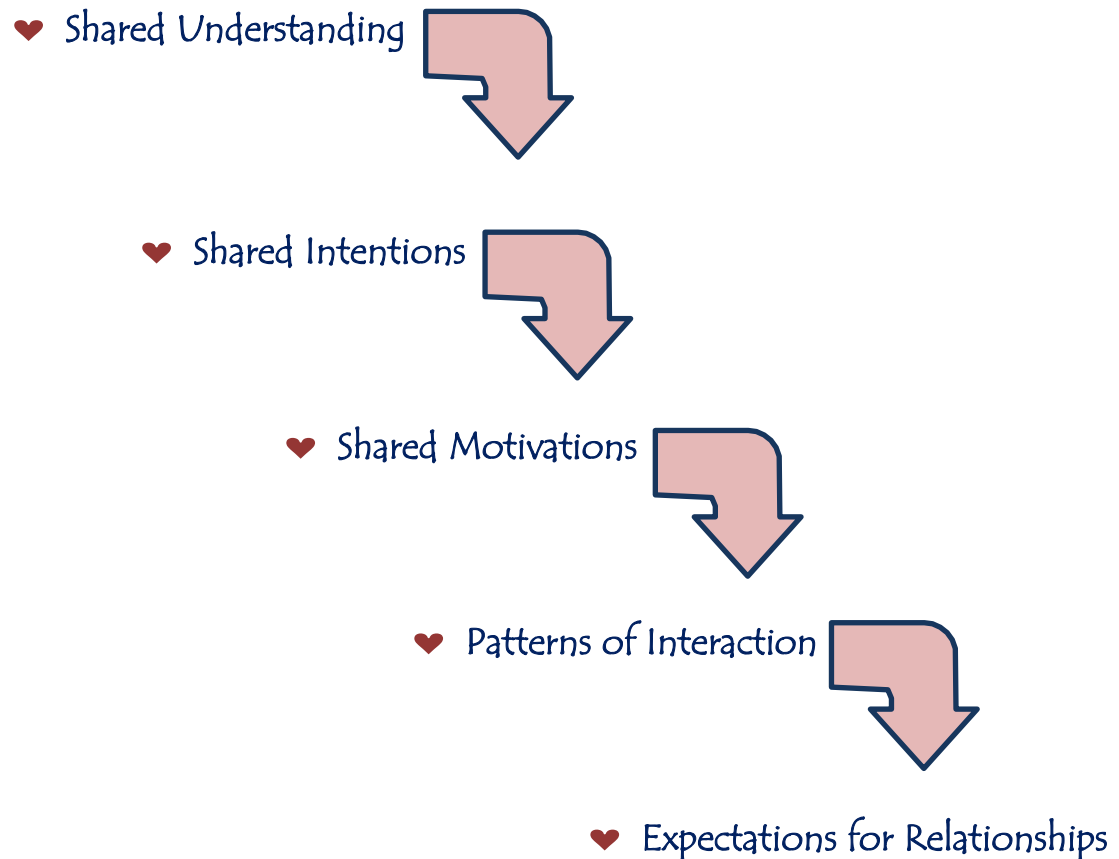
Sharing emotions is how we learn to respect and value other humans.

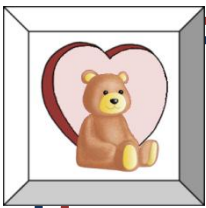
- ♥ It is one of the most powerful and effective skills we possess.



The Power of Sharing Emotions

Shared Emotions Lead To:





Shared Positive Emotions

Lead to These Feelings*

| | | | | |
|-------------|---|----------------|---|---------------|
| *PLEASURE | ➡ | Sustain | ➡ | Recreate |
| *CLOSENESS | ➡ | Trust | ➡ | Collaboration |
| *SAFETY | ➡ | Confidence | ➡ | Exploration |
| *ACCEPTANCE | ➡ | Feeling Valued | ➡ | Pride |

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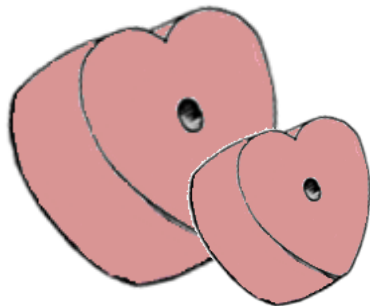


How Shared Positive Emotions Work

Parents who share more positive emotions than negative emotions have children who are confident, motivated, cooperative, and creative.

- ♥ Positive emotions influence relationships differently than negative emotions do. They are processed differently by the brain and the nervous system.
- ♥ Positive emotions include interest, surprise, joy, excitement, and contentment.
- ♥ Shared positive emotions give us pleasure: they let us feel close, safe, and accepted.
- ♥ Shared positive emotions are motivating. They encourage us to sustain or expand the experience. We want to recreate the experience and continue the relationship.
- ♥ When we share positive emotions, we feel close. We begin to trust one another and to collaborate together.
- ♥ Sharing positive emotions gives us feelings of safety. When we share positives with another, over time, we gain confidence in ourselves and in our relationship. We become willing to explore and venture into new skills and ideas.
- ♥ When we share positive emotions, we feel accepted. We know we are valued; we feel worthy. This makes us feel proud. It leads to self-esteem.

Do you know people who seem to be always on the "bright side" of things?



- *Is it their personal style?*
- *Do you think they practice this?*
- *Do they seem to have more fun?*
- *Do they enjoy their children?*



Block Play Activity

Role play and then discuss sharing positive emotions during play.

Mom sits facing baby.

Mom has a bag of blocks. (She smiles and talks to the baby.)

Mom looks inside the bag. *"Oh! What is in here?"* (She uses excitement & wonder in her voice.)

Mom lets the baby look inside the bag. *"What is it?"* (She builds suspense and surprise.)

Mom allows the baby to open the bag and pour out the blocks.

Mom waits while the baby handles the blocks. *"Look at all those blocks."* (She expresses interest.)

Mom bangs two blocks together. *"See! Listen!"* (She expresses and encourages more interest.)

Baby bangs blocks together. (Mom laughs.)

Baby bangs blocks on the floor. (Mom imitates the baby and smiles.)

Baby hands block out toward Mom. *"I see. It's a red block."* (She expresses interest.) Mom holds out her hand and lets the baby give her the block.

Mom returns the block to the baby. *"Thank you. It's very pretty."* (She expresses pleasure.)

Mom puts blocks into a dump truck.

"Look, we can load the truck!" (She expresses interest and surprise.)

Baby puts some blocks in also.

"Good, you are loading the truck too! We are working together."

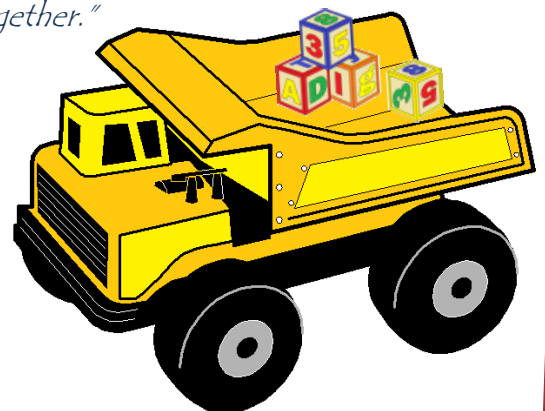
(She expresses pleasure and encouragement.)

Mom drives the truck away.

"Rummmm, Rummmm!" (Mom has fun and acts silly.)

Baby laughs. Mom laughs.

"Wasn't that fun!" (Mom kisses her baby.)

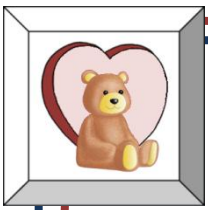




Techniques to Enhance Shared Positive Emotions

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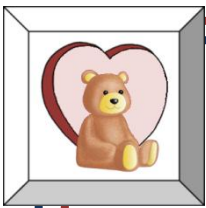
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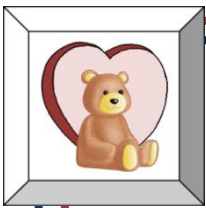
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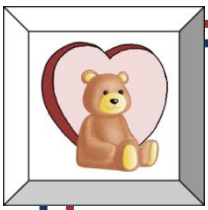
"You sound angry. ... I understand, I would be too, but it is not safe to play with this. ... Look! Let's play. ... OH, I see you are still mad. You need to be mad in your own place. Here's Teddy; you're safe here. I'll see you in a few minutes when we can talk together."





Alegría y Risas

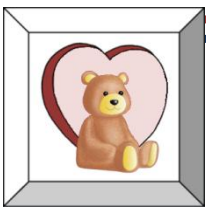




Tema 4: Alegría y Risas

PREGUNTAS DE INVESTIGACIÓN

- ♥ ¿Cuál es la diferencia entre compartir una emoción y ser emocional?
- ♥ ¿Qué emociones puede expresar el bebé? ¿Cómo las indica el bebé?
- ♥ ¿Qué le permiten hacer al bebé las señales emocionales?
- ♥ ¿Cómo compartiendo emoción positiva ayudara al bebé a desarrollar estabilidad emocional?
- ♥ ¿Cuál es la diferencia entre compartir una emoción negativa y regañar a un bebé?
- ♥ ¿En qué forma ejerce influencia el comportamiento emocional de los padres en la forma en que se comporta el bebé?



Las Emociones Permiten que el Bebé ...

♥ SE COMUNIQUE

El bebé llora para indicar molestia.

El bebé se ríe para indicar alegría.

El bebé apunta y patea para indicar interés.

El bebé bosteza para indicar cansancio.

El bebé se voltea para otro lado
para indicar sobrecarga.

El bebé se pone tieso y aprieta el cuerpo.

"Te necesito."

"Me gusta esto."

"¿Qué es eso?"

"Ponme en la cama."

"Necesito un descanso."

"Cárgame, ayúdame."

♥ SE SIENTA EFICAZ

El bebé "balbusea" y las personas adultas
voltean a verlo.

El bebé tose y sus padres vienen.

El bebé se ríe y todo mundo ríe.

"Mira, se fijaron en mí."

"Puedo hacer que vengan a mí."

"Me oyeron. Les caigo bien."

♥ SE SIENTA CON ENERGÍA O ESTÉ MOTIVADO

"Esto es divertido. Voy a patear y reír una y otra vez."

"No quiero estar solo. Voy a gritar hasta que alguien venga."

"Tengo miedo. Voy a jadear y a lamentarme, y a pedir ayuda."

"Estoy interesado. Estoy aprendiendo. Quiero seguir practicando."

♥ SE CONECTE CON OTROS SERES HUMANOS

"Me río cuando ellos se ríen. Soy uno del grupo."

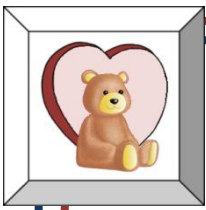
"Yo lloro y ellos vienen. Nos entendemos."

"Dejo de hacerlo cuando ellos fruncen el ceño. ...

Puedo estar en peligro."

*"Quiero pertenecer al grupo. Voy a imitar
a mis padres."*





Compartir Emociones

Las emociones son universales; son las mismas para todos los seres humanos.

- ♥ Entendemos a los demás a través de señales emocionales.
- ♥ Leemos y actuamos sobre las señales emocionales antes de oír y procesar las palabras.
- ♥ Nos conectamos con las personas que entienden nuestras señales emocionales.

Hasta los recién nacidos expresan y entienden las señales emocionales.

- ♥ Expresando señales emocionales, los bebés obtienen ayuda para sobrevivir.
- ♥ Los bebés interpretan la forma en que los tocan, la voz y la cara de sus padres. Los bebés regulan sus acciones en respuesta a estas señales emocionales.
- ♥ Entendiendo las señales emocionales, los bebés comparten la alegría y el dolor de los demás. Así es como aprenden a entender y a aceptar los sentimientos de los demás. A esto se le llama empatía. Así es como los bebés aprenden a respetar a los demás.

La forma en que los padres comparten las emociones con los bebés se convierte en un patrón de conducta.

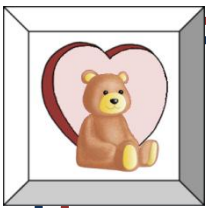
- ♥ Compartiendo emociones es como se forma una relación. La forma en que los padres y los bebés comparten emociones se convierte en un patrón para la siguiente relación. Esta pauta se establece en la mente del bebé.
- ♥ El patrón de la relación que los bebés aprendieron de sus padres es la que ellos usarán para formar otras relaciones. Los bebés esperarán que todas las relaciones sean como la primera.

Los patrones que forman las emociones compartidas les dan a los bebés un sentido de "lo correcto" y "lo incorrecto."

- ♥ Al leer (interpretar) las emociones de los otros, los bebés aprenden lo que a los demás les gusta o no les gusta.
- ♥ Tratan de comportarse de forma que se incrementen las emociones positivas compartidas.
- ♥ Hacen intentos fuertes por evitar las emociones negativas.
- ♥ Los bebés quieren ajustarse a otras personas, ser aceptados y que gusten de ellos. Nos motivamos y nos regulamos uno con otro a través de la emoción. Esta es la forma en que nos unimos a las familias y a las comunidades.

Compartiendo emociones es como aprendemos a respetar y a darles valor a otros seres humanos.

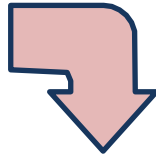
- ♥ Es una de las destrezas más poderosas y eficaces que poseemos.



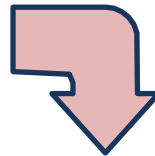
El Poder de Compartir las Emociones

LAS EMOCIONES COMPARTIDAS CONDUCEN A ...

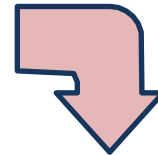
Entendimiento Compartido



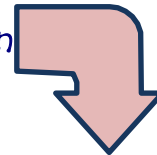
Intenciones Compartidas



Motivaciones Compartidas

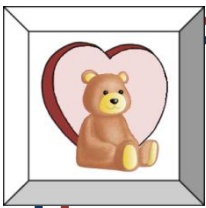


Patrones de la Interacción



Expectativas para las Relaciones





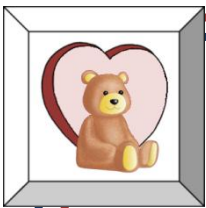
Las Emociones Positivas Compartidas

Conducen a Estos Sentimientos*

| | | | | |
|-------------|---|------------------|---|--------------|
| *PLACER | ➡ | Sostenido | ➡ | Recrear |
| *CERCANÍA | ➡ | Confiabilidad | ➡ | Colaboración |
| *SEGURIDAD | ➡ | Confianza | ➡ | Exploración |
| *ACEPTACIÓN | ➡ | Sentirse valioso | ➡ | Orgullo |

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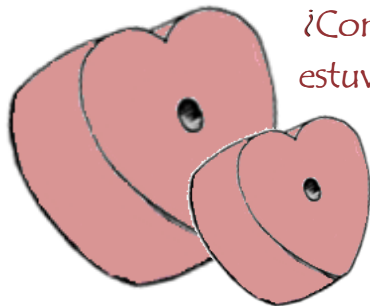




Cómo Operan las Emociones Positivas Compartidas

Los padres que comparten más emociones positivas que emociones negativas tienen hijos con más confianza en sí mismos, motivados, cooperadores y creativos.

- ♥ Las emociones positivas tienen una influencia diferente en las relaciones que las emociones negativas. El cerebro y el sistema nervioso las procesan de manera diferente.
- ♥ Las emociones positivas incluyen el interés, la sorpresa, la alegría, la emoción y el gozo.
- ♥ Las emociones positivas compartidas nos dan *placer*: nos permiten sentirnos *cercanos, seguros y aceptados*.
- ♥ Las emociones positivas compartidas son motivadoras. Nos alientan a *sostener o ampliar* la experiencia. Queremos *recrear* la experiencia y continuar la relación.
- ♥ Cuando compartimos las emociones positivas, sentimos que tenemos *cercanía*. Empezamos a *confiar* el uno en el otro *y colaborar juntos*.
- ♥ Compartir las emociones positivas nos da sensaciones de *seguridad*. Cuando compartimos lo positivo con otros, a lo largo del tiempo ganamos *confianza* en nosotros mismos y en nuestra relación. Vamos queriendo *explorar* y aventurarnos en destrezas nuevas e ideas.
- ♥ Cuando compartimos emociones positivas, nos sentimos *aceptados*. Sabemos que tenemos un *valor*; nos sentimos respetados. Esto nos hace sentir *orgullosos*. Nos lleva al *autoestima*.



¿Conoce usted a personas que parecen como si siempre estuvieran en el "lado brillante" de las cosas?

- ¿Es su estilo personal?
- ¿Cree usted que ellos practican esto?
- ¿Parece que ellos se divierten más?
- ¿Disfrutan a sus hijos?



Actividad para Jugar con Bloques

Represente un papel y después discuta el tema de compartir emociones positivas durante la representación.

LA MAMÁ SE SIENTA FRENTE AL BEBÉ

Mamá tiene una bolsa con bloques. (Sonríe y le habla al bebé.)

Mamá mira dentro de la bolsa. ¡Ah! ¡Qué hay aquí?" (Usa emoción y sorpresa en su voz.)

Mamá deja que el bebé vea dentro de la bolsa ". ¿Qué es eso?" (Crea suspenso y sorpresa.)

Mamá deja que el bebé abra la bolsa y vea los bloques.

Mamá espera mientras el bebé toma los bloques". Mira nada más todos estos bloques."

(Ella expresa interés.)

Mamá hace chocar dos bloques entre sí. "¡Mira! ¡Escucha!" (Ella expresa y alienta mayor interés.)

EL BEBÉ HACE CHOCAR LOS BLOQUES. (Mamá se ríe.)

EL BEBÉ HACE CHOCAR LOS BLOQUES CONTRA EL PISO.

EL BEBÉ LE DA CON LA MANO UN BLOQUE MAMÁ

 Ya veo. Es un bloque rojo."

(Ella expresa interés.)

Mamá extiende la mano y deja que el bebé le dé el bloque.

Mamá le devuelve el bloque al bebé. "Gracias. Es muy bonito." (Expresa satisfacción.)

MAMÁ PONE LOS BLOQUES UN CAMIONCITO DE VOLTEO.

"¡Mira, podemos cargar el camión!" (Ella expresa interés y sorpresa.)

EL BEBÉ PONE TAMBIÉN ALGUNOS BLOQUES.

"Bien, ¡tú también estás cargando el camión! Estamos trabajando juntos."

(Ella expresa satisfacción y ánimo.)

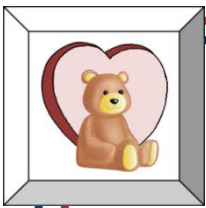
MAMÁ MANEJA EL CAMIONCITO ALEJÁNDOLO.

"¡Rum, ruummm, ruummm!" (Mamá se divierte y actúa como si fuera chiquita.)

EL BEBÉ SE RÍE, MAMÁ SE RÍE.

"¿No fue divertido?" (Mamá besa a su bebé)

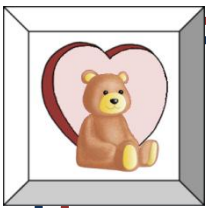




Técnicas para Intensificar las Emociones Positivas Compartidas

1. Acérquese con una sonrisa o riendo.
2. Use contacto visual.
3. Demuestre alegría, emoción y curiosidad en su voz cuando hable con su bebé.
4. Use el ritmo o cante con su voz para despertar el interés del bebé.
5. Empiece suavemente — tiene que pasar algún tiempo para que el bebé perciba la idea. El bebé puede cambiar despacio de un estado a otro. Puede parecer abrumado.
6. Regule o distraiga al bebé con diversión o interés, en vez de regañarlo.





Las Emociones Negativas Compartidas

Conducen a Estos Sentimientos*

| | | | | |
|-------------|---|--------------------|---|----------------------|
| *DESAGRADO | ➡ | Eliminación | ➡ | Retiro |
| *ALERTA | ➡ | Reevaluación | ➡ | Inseguridad |
| *PRECAUCIÓN | ➡ | Desconfianza | ➡ | Estar a la defensiva |
| *RECHAZO | ➡ | Sentirse sin valor | ➡ | Vergüenza |

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Cómo Operan las Emociones Negativas Compartidas

Los bebés adoptan las emociones de sus padres. Los bebés no pueden permanecer neutrales. Con frecuencia se sienten abrumados por las emociones negativas de los demás, especialmente de sus padres. Las emociones negativas fuertes, como el enojo, el temor o la tristeza, les dan a los niños sensaciones de miedo o de vergüenza. Los bebés tratarán de escapar de estos sentimientos.

Compartir emociones negativas deben usarse de vez en cuando para que sean eficaces. Las emociones positivas y negativas se procesan en forma diferente en el sistema nervioso, que a su vez manda diferentes sustancias químicas al cerebro. La emoción negativa extrema detiene el aprendizaje y puede hacer lento el desarrollo.

Compartir emociones negativas trae sensaciones de desagrado. Nos sentimos en guardia y nos volvemos precavidos. Reevaluamos lo que estamos haciendo. Debido a esto, dar señales negativas puede jugar un papel útil para que los padres pongan en guardia a sus bebés cuando hay peligro. Puede mandar señales cuando los comportamientos son inaceptables o descorteses. Las emociones negativas controladas pueden establecer reglas de respeto por los demás. Fijar límites es una forma en que los bebés aprenden lo correcto de lo incorrecto. Es una forma en que los bebés pueden sentirse protegidos o regulados por sus padres, así saben que las emociones negativas están dirigidas a su comportamiento y no a ellos.

Las emociones negativas compartidas nos motivan a eliminar los sentimientos negativos. El bebé quiere retirarse de las personas o de las cosas que las causan. Sin embargo, cuando los padres les ayudan a los bebés para que entiendan lo que ellos quieren, el aprendizaje se lleva a cabo. Cuando compartir alguna emoción de los padres causa sentimientos de miedo, enojo o tristeza en el bebé, éste puede perder el control emocional. El aprendizaje en este caso se desvía.

Si en una relación suceden con mucha frecuencia las emociones negativas compartidas, o son muy fuertes, nos causan sentirnos inseguros y desconfiar de la persona o del lugar en que sucedieron. Podemos retirarnos y dejar de aprender o empezar a defendernos contra ellas, atacando o destruyendo algo. Algunas veces, cuando nos sentimos desamparados, tenemos la tendencia a guardar nuestros malos sentimientos hasta que atacamos a alguien más débil que nosotros.

Cuando en una relación suceden con mucha frecuencia las emociones negativas, les causa a las dos partes sentirse rechazados y devaluados. Esto lleva a sentimientos de vergüenza y culpabilidad, que no merecemos. Estos sentimientos dañan la confianza en uno mismo y pueden permanecer en el niño durante toda su vida.

Las emociones negativas — usadas con moderación — son útiles. Regulan, enseñan y definen el respeto.

Las emociones negativas — usadas con mucha frecuencia — destruyen a cada una de las dos personas de una relación. Es esencial para la salud emocional del niño que los padres aprendan a minimizar las emociones negativas, a controlarlas y a aliviarlas en otros. Respire muy hondo y pregúntese: “¿Por qué?” antes de regañar.



Comparta las Emociones Negativas — No Se Una a Ellas

Los padres que escuchan los sentimientos de aflicción, enojo, tristeza de sus bebés, y muestran comprensión de estos sentimientos, dejan a su bebé en un lugar seguro para dejar que salga el sentimiento negativo. La madre o el padre puede decir: "Sé que estás enojado; yo también lo estaría." Debido a que los sentimientos negativos lastiman, una expresión de comprensión como ésta le proporciona consuelo al bebé para sus sentimientos negativos. Pero la mamá o el papá permanece neutral. La madre o el padre no toma parte de la emoción para enojarse también. En lugar de eso, puede seguir estos pasos para ayudar a recuperar el equilibrio y resolver el problema con el bebé:

1. Escuche al bebé.
2. Dese por enterado de sus sentimientos.
3. Consuele.
4. Cambie la dirección y/o resuelva el problema.
5. Cambie a la coparticipación feliz.

ESCENAS

(Actue las siguientes situaciones o invente sus propias situaciones.)

EL BEBÉ CAE, LLORA::

"¡Upa!.....¿Estás bien? Déjame sacudirte. ¿Vamos a buscar la pelota?"

O

"¡Uuupa! ... ¿Estás bien? Siento mucho que te hayas lastimado. Déjame ver. ... déjame darle un besito ... ¿todo está bien? Vamos a buscar la pelota."

DEJARON SOLO AL BEBÉ, LLORA:

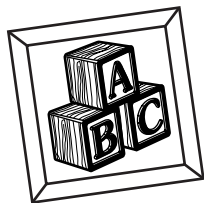
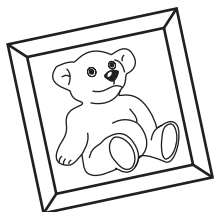
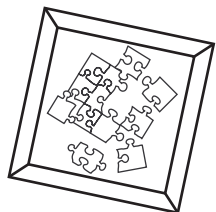
"Parece que estás asustado ... ¿Estás solito?... No es nada divertido estar solo. ... Déjame levantarte y abrazarte. ... Vamos a leer un cuento juntos."

EL BEBÉ NO RESPONDE A LA REDIRECCIÓN, LE QUITARON ALGUNA COSA, LLORA, PATEA:

"Parece que estás enojado. ... Te entiendo, yo también lo estaría, pero es peligroso jugar con esto ... ¡Mira! Vamos a jugar ... Ah, veo que todavía estás enojado. Necesitas enojarte en tu propio lugar. Aquí está el oso; aquí estás seguro. Vuelvo a verte en unos cuantos minutos cuando podamos hablar los dos."



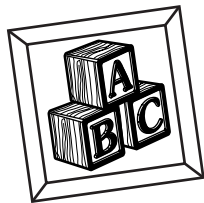
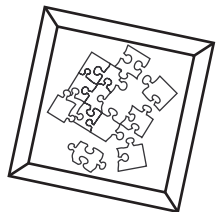
DANCE, BABY DANCE



Materials: Children's fun music

Directions: Hold baby/toddler in your arms as you dance with the music or let baby stand on your lap as you sway to the music. Toddlers may want to stand on the floor to dance. Kneel in front of older baby. Hold onto baby's hands or just let baby stand. Turn on music and move with the beat. Show your baby how to enjoy the music. Clap your hands. Swing your arms. Sway and snap your fingers. Laugh and have fun.

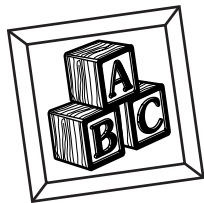
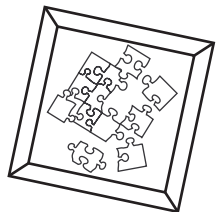
SECRETS



Materials: Rocking chair or quiet corner

Directions: Cuddle baby close to you and tell baby how special he/she is to you. Try whispering or using a squeaky voice; keep changing voice tones and see which voices baby likes. Make sure your baby can see your eyes.

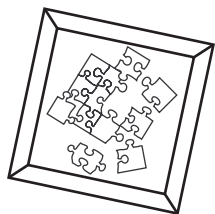
SECRETS



Materials: Rocking chair or quiet corner

Directions: Cuddle your toddler close. Tell toddler how special he/she is to you and how happy you are to be their parent. Talk about their special fingers, nose, etc.

ARE YOU SLEEPING?



Directions: Sit and rock baby gently as you sing this song.
Substitute Baby's name for "Brother John" in the song.



Are you sleeping, are you sleeping?

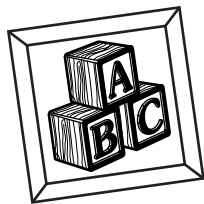
"Brother John", "Brother John"

Morning bells are ringing,

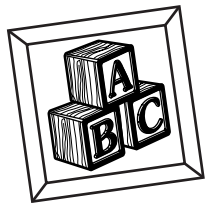
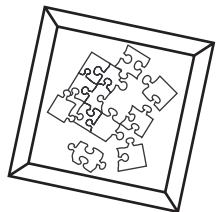
Morning bells are ringing,

Ding, ding, dong.

Ding, ding, dong.



DANCE TO YOUR DADDY (MOMMY)



Directions: Sit with younger baby on your lap facing you. Hold onto the baby around their trunk with both hands. Gently bounce your knees up and down, or rock them from side to side. Older babies and toddlers can ride on your foot. Sit with your knee crossed over your leg. Have baby sit on your ankle. Gently swing your foot up and down.

Dance to your daddy (mommy)

My little baby

Dance to your daddy (mommy)

My little lamb

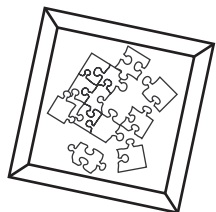
You shall have a fishy

In a little dishy

You shall have a fishy

When the boat comes in

ROCK-A-BYE BABY



Materials: Rocking chair and a quiet corner

Directions: Cuddle baby/toddler up close and softly sing a lullaby. Here is a famous old one most everyone knows.

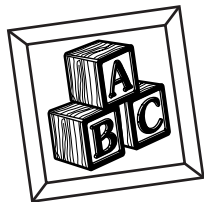


Rock-a-Bye Baby...In the tree top.

When the wind blows...Your cradle will rock.

If the bough breaks...Your cradle will fall.

And I will catch Baby...Cradle and all.



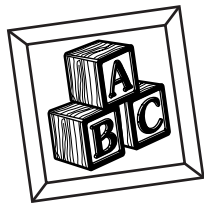
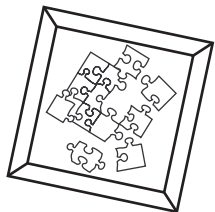
RICE PUDDING WITH MILK

Directions: Sit with baby/toddler facing you. Make up your own motions to go with this rhyme.

Rice pudding with milk,
I'd like a gold ring
From a Mexican boy
Who knows how to sing.

The son of the king
Has sent me a letter
To say, as my husband,
That he would be better.

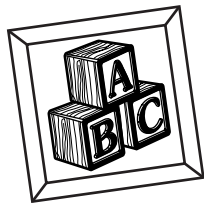
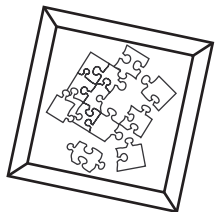
With this one yes,
With this one no,
Eeney, meeney, miney, mo!



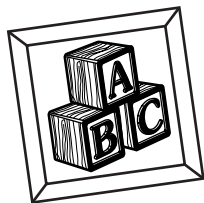
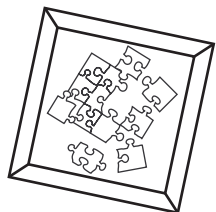
LITTLE FROG TAIL

Directions: Use this rhyme to help comfort a baby's/toddler's hurt.

Get well, get well, little frog tail,
If you don't get well now,
You will get well tomorrow.
(Rub hurt away with circular motion.)



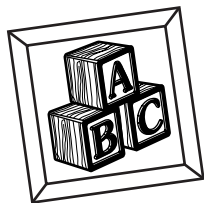
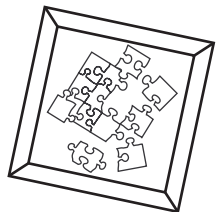
BAILA BEBÉ



Materiales: Música divertida para niños

Instrucciones: Cargue a su bebé o niño en los brazos y baile al ritmo de la música, o pare al bebé en su regazo y balancéelo al ritmo de la música. El niño querrá bailar en el piso. Hínquese delante de su bebé si es más grande. Téngalo de la mano o permita que se pare solo. Ponga la música y muévase al ritmo. Enséñele a su bebé cómo gozar con la música. Hagan palmaditas. Muevan los brazos. Menéense y truenen los dedos. Ríanse y diviértanse.

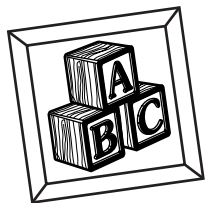
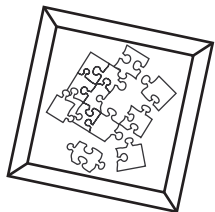
SECRETOS



Materiales: Una silla mecedora o un rincón tranquilo

Instrucciones: Abraze a su bebé y dígame que es muy especial. Háblele en voz baja o en voz chillante; cambie el tono de la voz para ver cuál prefiere su bebé. Asegurese que su bebé pueda verle sus ojos.

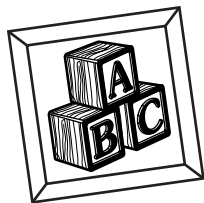
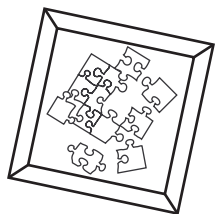
SECRETOS



Materiales: Una silla mecedora o un rincón tranquilo

Instrucciones: Abraze a su niño. Dígale que es especial y que usted está muy contenta(o) de ser su madre/padre. Háblele de sus deditos especiales, nariz especial, etc.

FRAY JAIME



Instrucciones: Arrulle a su bebe mientras que canta esta canción. Arrulle a su bebe mientras le cante esta canción. Usted también puede usar esta canción para ayudar a su niño a despertarse por la mañana.

Fray Jaime

Fray Jaime

¿Duerma usted?

¿Duerma usted?

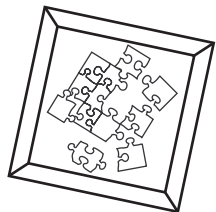
Toque a maitines

Toque a maitines

Din,din,don

Din,din,don

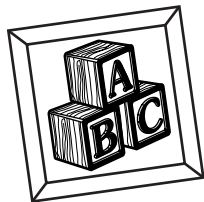
LOS CABALLITOS



Instrucciones: Ponga a su niño sobre su regazo. Sostenga a su niño firmemente alrededor de su cuerpo con ambas manos. Salte sus rodillas arriba y abajo cuando usted dice este verso.

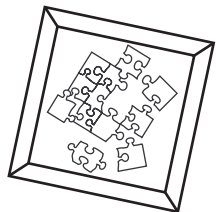


De los caballitos
Que vienen y van
Ninguno me gusta
Como el alazan.
De cuatro caballos
Que vende usted
Ninguno me gusta
Como el que se fue.



LAS ESTRELLAS

Instrucciones: Arrulle a su bebe mientras que canta esta canción.



Y CUANDO LAS ESTRELLAS

Comienzan a salir

Pin pón

Se va a la cama

Pin pón

Se va a dormir,

Pin pón

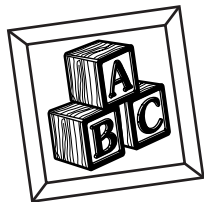
Dame la mano

Con un fuerte

Apretón, que quiero

Ser tu amigo, pin pón

Pin pón, pin pón.



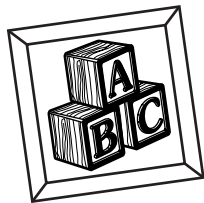
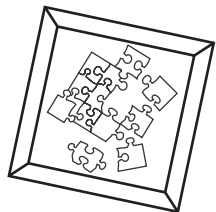
ARROZ CON LECHE

Instrucciones: Síntese con su Bebé/Nino mirandola a usted. Crea sus propios movimientos para esta rima.

Arroz con leche,
Me quiero casar
Con un mexicano
Que sepa cantar.

El hijo del rey
me manda un papel,
me manda decir
que me case con él.

Con este si,
con este no,
con este mero me caso yo.



COLITA DE RANA

Instrucciones: Use esta rima para ayudar a su Bebé/Nino a calmarse.

Sana, sana colita de rana,
Si no sanas ahora,
Sanaras-mañana.
(Se puede acariciar el golpe
o lastimadura.)

