



## Expressing myself

- As babies and children grow and interact with others, they will learn new ways of communicating.
- Babies cry to get their needs met, they watch and learn facial expressions and then start to copy what they see, including body language.
- As they grow into toddlers they will then begin to use words and sounds to express themselves.
- It is always great to praise those changes you notice to help boost a child's self-esteem.
- Labelling your child's emotions will help them to express their feelings as their speech and language develops.
- For example; "You love popping those bubbles, you look very happy!"
- Or "You lost your teddy, it's ok to feel sad, let's look for it!"
- Babies depend on their grown-ups by snuggling up to them, being held by them, listening to their voices and looking at their faces.
- This helps babies to have their emotions contained and feel secure when they are tired, scared or hungry.
- Babies and young children can show excitement, happiness or worry, and understanding of others' emotions by smiling back, frowning or using their eyes. They can also use their arms and legs to show excitement or frustration.
- The sound of other babies or children crying can also make babies and toddlers cry too.

### Top tips!

#### Activities to support this are:

**Ready Steady Go** – using cars, bubbles, musical instruments – waiting for the child to make a sound or a movement before pushing the car, blowing the bubble, or shaking the instrument.

**Copying baby's faces** – sitting opposite your baby and copying their facial expressions.