

# Infant June 2023

Mon

Tue

Wed

Thu

Fri

## Parent Info:

Help your baby feel good about herself and her abilities

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<p>19</p> 	<p>20</p> 	<p>21</p> 	<p>22</p> 	<p>23</p> 	<p>Going to the Zoo!</p>
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Feeling good about themselves and feeling capable ("I can do it!") are two very important ingredients for babies' developing self-confidence.

The things you do to help your baby feel safe and loved also make her feel good about herself. This includes responding sensitively to her needs and showering her with love and affection. This lets your baby know she is special and valued and builds her self-confidence.

Babies learn "I can do it!" when they succeed at a task or develop a new skill. Picture the joy on a baby's face when she pushes the correct button to get the bear to pop-up. Imagine that smile getting even bigger when Mom or Dad notices and tells her what a good job she did figuring out this problem. Babies develop a positive sense of self-esteem and self-confidence through the play and interactions they have with the adults in their lives. Their parents and loved ones reflect back to them messages like: You're clever. You're good at figuring things out. You're loved. You make me laugh. I enjoy being with you. These messages shape a baby's developing sense of self.

### What you can do:

- Show your baby how much you adore her. Give her lots of smiles, hugs and kisses.
- Delight in your baby's discoveries. *You found Mommy! You pulled away the scarf hiding my face and here I am!*

-Taken from Zerotothree.org