

New York State

BOOK NOOKS



Baby's Day

Enjoy reading this book as you observe babies going throughout their day. The real pictures will captivate infants and toddlers as they examine what their peers do all day.

Title: Baby's Day (board book)

Author: Flowerpot Press

Illustrator: Flowerpot Press

Publisher: Toronto: Flowerpot Press

Date published: 2017

Social and emotional skills infants and toddlers can learn through this book:

Infants and toddlers will analyze what babies do throughout the day. Children will be able to recognize similar things they do throughout their day, aiding them in building confidence in themselves and the world around them.

Social and emotional words this book can emphasize:

happy, excited, helpful, hungry, eat, tired, sleep, bath, clean, surprised, friend, play, explore.

Activities to do while reading the book that will help promote social and emotional development:

- Have babies point to the babies in the book. While they do that, emphasize what the baby is expressing and may be feeling in that picture. "That baby is smiling with his mouth and his eyebrows are pushing up toward his hair. I think he looks very happy. I bet he is happy because he is playing with his friend. What do you think?"
- Talk about what the babies are doing in the pictures. Highlight what the babies in the book are doing with what your children do as well. This real-world connection will help children process what happens throughout a day, which can help them gain predictability and reassurance.
- Reading the same book for several days in a row is a great way to provide opportunities for infants and toddlers to develop a sense

of competence and confidence, which is an important part of social and emotional development. They become able to turn pages, point at and label pictures, talk about the story, predict what will happen next, learn new vocabulary words, talk about their own experiences in relation to the story and toddlers may even make up their own story! Try reading this book for several days in a row and use some of the ideas, activities, and opportunities listed below to enhance social and emotional skill development.

Fun for Everyone! Activities to promote social and emotional development throughout the day:

- Pay special attention to the routines in children's lives. Young infants need to live on their own schedules, meeting their needs on demand, consider how to build routines within their routine times of day. The times of day may not be exactly the same, but you can help build structure by having them participate in their daily routines. You can build predictability by having routines occur in the same space every day. For example, have children eat and sleep in the same places every day. Toddlers tend to start to have predictable times of routines, though they still need some flexibility in when they sleep and eat as they go through different growing phases. Again, you can help build predictability by trying to maintain an order of events throughout their day, first they get out of bed, and then they eat breakfast, get dressed, and so on. This type of order aids even the youngest children in understanding the flow of events and

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can help them participate in their routines and feel more safe and calm to know what is going to happen next.

- Some children benefit from concrete examples of their day. Providing infants and toddlers with a visual schedule of their daily routines can help them understand what is going to happen and what may be expected of them. Here is an example of a simple visual schedule for a lunch routine. When possible, if you can use pictures of the children and the space they live in for a visual schedule it is very helpful. If that is not possible the Technical Assistance Center on Social Emotional Intervention for Young Children (TACSEI) website at: www.challengingbehavior.org has many pictures that are free to use (these pictures were used for the sample schedule).

- All children love to feel independent, to be able to do things on their own. This independence plays a very large role throughout infants and toddlers social and emotional development. Even infants as young as eight months old can start to drink from a cup without support; toddlers can wash their hands and start to toilet independently. These are just a few examples of what children are capable of. Remember, you may have to repeat steps with young children many times before they can successfully complete a task without help. When teaching them these routines, it is helpful to: talk with them at their eye level, break things down step-by-step, and offer choices such as, would you like to use the blue cup or the red cup today? Using first/then statements such as first you get your hands wet and then you put soap on them, will help break steps down, making it easier for a child to accomplish. Always remember to not punish children for making mistakes while they are learning new things and of course celebrate with them when they complete a task!

