

# Morning Messages for Infant & Toddler Centers

- It is the power of being with others that shapes our brains. When you look at your baby and you fall in love with each other, you are facilitating your baby's optimal brain development.
- Mothers tend to automatically hold their babies on their left side. Do you prefer the left side? This allows the babies an enhanced ability to hear your heartbeat. Your heartbeat plays a big role in helping your child develop.
- When your baby sees your smiling face it triggers high levels of endorphins within your child. Endorphins are the body's internal opiates, that teach your child that getting along with others is a pleasurable experience.
- During the first year of life, infants are completely unable to regulate intense emotions of hunger, tiredness, frustration and sadness. You are your child's regulation center. Through interactions with your baby such as holding, rocking and staying calm, you teach your child how to recover from life's upsets for the rest of her life.
- Parents and caregivers regulate an infant's internal state through touch, facial expressions, soothing voice tones and their own calm inner state.
- How you touch and hold your baby communicates the following:
  - The world is a safe place or not a safe place.
  - I can trust others or I can't trust others.
  - I can relax in the world or I must try to control it.
- Playing peek-a-boo and I Love You Rituals with infants and toddlers wires their brains for the following for the rest of their lives:
  - Attention
  - Self-control and impulse control
  - Optimism
  - Social skills
  - Emotional control
- One-year-olds most likely can do the following:
  - Bang two cubes together
  - Put objects into containers
  - Take objects out of containers
  - Let objects go voluntarily
  - Poke with index finger
  - Imitate scribbling
- To regulate your infant's arousal state (how upset he becomes) you must be able to regulate your own arousal state. When the world doesn't go your way today, practice being a S.T.A.R. (Smile, Take a deep breath And Relax) instead of being a nut.

