

Be baby's voice

0-3 months

Until your baby can talk, you need to be her voice and to speak up for the things that she needs.

4-6 months

Be your baby's advocate.

Observe and learn his cues because that is how he is telling you that he needs you.

Respond with comfort and pleasure to make him feel safe and comfortable.

7-12 months

Try and help her understand things when she becomes overwhelmed by giving your baby words to describe her feelings and emotions.

By giving her words, you are also building her vocabulary which will help her put words together to make simple sentences.

13-18 months

Give him words to help him voice his feelings and express his emotions.

When he cannot, do it for him.

19-24 months

Your toddler is beginning to use her words.

Help her label objects and experiences.

When you can sense she is uncomfortable or needs something, help her by giving her the words to use or voice it for her.

25-36 months

Your toddler is on the road to becoming more and more independent but you have been his voice for most of his life to keep him safe and secure.

He is still very dependent on you. Continue to be his voice and comfort him especially when he is distressed.

While your toddler begins to interact with others more independently, you may need to step in to guide play.

37-48 months

Explore books about emotions and talk about times he has felt those emotions.

When he loses control, help him label his emotions and guide him on how to regain control.

When conflicts arise with peers, he will need your assistance to problem solve. Being nearby as he explores will allow him to feel safe.

49-60 months

Encourage him to not give up on games or tasks when he plays with others. He will learn to persist at a task, especially when others are counting on him.

Show and coach him on how to handle emotions and feelings. You can teach him how to express anger and frustration safely.