

# Babies sense your emotions to help understand their world

From birth, babies learn by watching and listening. They can sense your emotions and respond to your expressions, voice and body language to make sense of what's around them.



Scan for more information, services and resources.

Your baby's emotional development begins early, along with their physical, thinking and language skills and babies look to their parents' emotional responses to help them understand the world.



## TIP 1

### Your calm helps them feel safe.

Babies and toddlers look to adults to understand whether the world is safe. Sensing stress, tension and comfort through tone, facial expressions and body language before they even understand words.

## TIP 2

### It's okay to have emotions.

Children don't need perfect parents. Seeing adults experience emotions in healthy, positive and loving ways helps children learn what feelings look like and how to handle them.

## TIP 3

### Slow down before reacting.

Toddlers often mirror the emotional energy around them. Taking a breath before responding can help prevent big emotions from escalating for both you and your child.

## TIP 4

### Talk about your feelings out loud.

Simple phrases like "I'm frustrated right now" or "That surprised me" help children begin connecting emotions with language, which supports emotional development over time.

## TIP 5

### Your tone matters more than your words.

Young children respond strongly to voice, facial expressions and physical comfort. A calm tone can be soothing.

## TIP 6

### Taking care of yourself helps your child, too.

When parents practice compassion and empathy toward themselves, it can positively shape their child's everyday emotional environment.