

# Emotional

Emotional development- the process of learning to recognize and express feelings and to establish a personal identity.

It is important that the child learns to express feelings in order to become a healthy, self-confident adult. When a child expresses his/her emotions they can learn how to handle stress and have empathy for others.

Emotions grow more within age. As a parent, you can encourage the baby to have positive emotions. You can help cope with negative emotions. Many actions can influence a baby's emotions.

As a young age, everything a caregiver or parent does around a baby can influence many factors.

## Understanding Emotions and Development of Infants



To help your child become a happy and healthy adult, you must understand the development of emotions.

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## Basic Emotions:

- Sadness
- Interest
- Joy
- Disgust
- Anger

# Emotions and Crying

Colic is uncontrollable crying by an otherwise healthy baby. It can be caused by anxiety or allergies. The baby tends to cry for three hours or more each day. Usually infants can't express their emotions by words. They show their needs and emotions through crying. Eventually babies start to vary their cries in order to express different feelings and wants. Many babies are different than others, some cry more, and others are easy to comfort. Getting to know the baby can help



## Development

Attachment is a baby's bond to his or her main caregiver. It helps the baby develop trust, self-esteem, and social and emotional skills. A child who has not formed a strong attachment may have difficulty with relationships later in life.

Touch can help build a bond between you and a baby.

Failure to thrive- a condition in which babies does not grow and develop properly. Babies whom have this don't respond to people or objects. Their cries weaken and their smiles fade. They can have a hard time developing caring relationships with others. It can be caused by neglect, abuse, or stress. This can develop if the baby is always alone, and do not receive contact.

Temperament- a person's unique emotional makeup. Understanding a baby's temperament can help you figure out what care he/she needs. It helps determine how the baby reacts to his environment.

Remember that temperament traits cannot be changed. To learn to adapt to their reactions can help with the baby's emotional development.

It is normal for you to feel frustrated or anger towards the baby. It is important that the baby feels love and care. Feelings of care and bitterness can delay the infant's emotional development.

