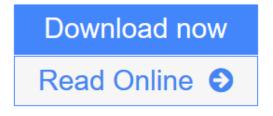


Baby Hearts: A Guide to Giving Your Child an Emotional Head Start

Susan Goodwyn Ph.D., Linda Acredolo Ph.D.



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Who says your baby can't "talk" about his or her feelings? In fact, babies' actions often speak louder than words! Understanding those actions-and responding appropriately to them-is the key to giving your child a head start to a healthy and happy future. Now the authors of the bestselling *Baby Minds* and *Baby Signs* translate the latest research on the rich inner life of babies into practical, fun activities that will foster your child's emotional skills during the most critical period-between birth and age three. This comprehensive guide will help you help your child express emotions effectively, develop empathy, form healthy friendships, and cope with specific challenges. Learn how to:

- •Talk with your child about emotions in order to help him recognize and control his own
- •Use face-to-face interaction, tone of voice, song, and touch to make your infant feel safe and secure
- •Start a gratitude journal to help your child appreciate the good things in life
- •Nurture self-esteem with "try, try again" activities and simple chores
- •Create a "What are they feeling" deck of cards to help your child understand and practice emotions
- •Use games and songs to help your child practice self-control
- •Overcome temper tantrums, aggression, shyness, separation anxiety, and other challenges

Whether your child is as easy to raise as a sunflower, as difficult as the prickly holly bush, requires the patience of the delicate orchid, or is as active as the exuberant dandelion, *Baby Hearts* helps you provide the emotional support that may be the most important gift a parent can give.

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