



Feelings Young Infants Experience^{2,3,9,12}

Handout A3

Place a check next to any of the emotions that your baby has experienced. Then write in the cues and signals that they give you when they're feeling that emotion. Lastly, you can write in some of the things you do to support your infant when they're feeling this way.

☐ Joy

Cues and Signals My Baby Gives: _____

Ways I Support My Baby: _____

☐ Excitement

Cues and Signals My Baby Gives: _____

Ways I Support My Baby: _____

☐ Frustration

Cues and Signals My Baby Gives: _____

Ways I Support My Baby: _____

☐ Discomfort

Cues and Signals My Baby Gives: _____

Ways I Support My Baby: _____

☐ Fear

Cues and Signals My Baby Gives: _____

Ways I Support My Baby: _____

☐ Boredom

Cues and Signals My Baby Gives: _____

Ways I Support My Baby: _____

Continued

☐ **Contentment**

Cues and Signals My Baby Gives: _____

Ways I Support My Baby: _____

☐ **Pain**

Cues and Signals My Baby Gives: _____

Ways I Support My Baby: _____

☐ **Anger**

Cues and Signals My Baby Gives: _____

Ways I Support My Baby: _____

☐ **Loneliness**

Cues and Signals My Baby Gives: _____

Ways I Support My Baby: _____

☐ **Feeling Loved**

Cues and Signals My Baby Gives: _____

Ways I Support My Baby: _____

☐ **Curious**

Cues and Signals My Baby Gives: _____

Ways I Support My Baby: _____

☐ **Tired**

Cues and Signals My Baby Gives: _____

Ways I Support My Baby: _____

☐ **Hungry**

Cues and Signals My Baby Gives: _____

Ways I Support My Baby: _____