

Supporting Your Child's Social-Emotional Growth: Practical Tips for Parents & Caregivers of a 1-Week-Old Child



Hello, Baby! Life in the First Week

You are your baby's whole world—and everything is brand new for both of you! It's totally normal to feel tired and unsure. Even without words, your baby is always trying to tell you something.

Pay attention to how your baby's mood and energy change throughout the day. By doing so, you will better understand their needs, how they communicate and connect with you.



What does Balancing Emotions mean?

Your child depends on you to help them understand & deal with their feelings and moods. Managing strong emotions is critical to helping your child learn how to face challenging situations throughout their life.

Focusing Your Attention on Creating Comfort for Your New Little One

Why It Matters

In the first week, YOU are the source of comfort and safety for your baby. Your baby needs you in order to feel calm and safe. When you hold, cuddle, or talk to them with love, you help your baby feel secure and build trust that will grow over time.

Everyday Moments: Teaching Balancing Emotions to Your Child

What It Looks Like

Your baby squirms and frowns in their sleep – it's a sign that they are waking up and becoming alert. Try holding them close and speaking softly. They'll focus on your face and voice, feeling reassurance and comfort. This simple moment builds connection.

Simple Ways to Support Your Baby – A Checklist for You!

- ☐ Notice your baby's different moods and energy levels
- ☐ Hold your baby close – skin to skin contact is great when they first wake up
- ☐ Use a soft voice and gentle touch when they're drowsy or waking up
- ☐ Make eye contact and enjoy quiet time together when they're awake
- ☐ Keep routines predictable: feeding, changing, cuddling, and resting
- ☐ Ask for help when you need rest – Your calm helps your baby stay calm, too!

Sign up to receive free weekly text messages with other tips & activities.



Your Newborn's 6 Behavioral States

Babies switch between being sleepy, alert, and fussy many times a day. By tuning into your baby's cues, you can learn what your baby needs and respond in a loving way. Be patient while you and your baby figure out how to communicate with each other. Can you see these behaviors in your baby today?

Alertness Level

What Your Baby Does

Deep Sleep



Your baby's eyes are closed, and their body is very still. Breathing is slow and steady, they are hard to wake up. This is a good time to rest yourself or gently move your baby from one spot to another, if needed.

Light Sleep



Your baby moves a bit while sleeping and may make small sounds. Their eyes stay closed, but may move under their eyelids. Breathing may be light or uneven. They're sleeping lightly and may wake easily with noise or touch.

Drowsy State



Your baby's arms and legs may move gently and slowly. Their eyes may open and close, with a sleepy, unfocused look. Their breathing is steady, but quicker and lighter than when in deep sleep. Your baby can be soothed to sleep.

Quiet & Alert



Your baby may fuss, startle, or seem uncomfortable. Movements increase and they may be close to crying. Try using a calm voice and gentle touch to help soothe them.

Fussy & Alert



Your baby may fuss, startle, or seem uncomfortable. Movements increase and they may be close to crying. Try using a calm voice and gentle touch to help soothe them.

Crying



Your baby is crying or even screaming. This is your baby's way of telling you they need something-like food, sleep, or comfort. Try to uncover the reason for their distress.

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Communication



Coping and Resilience



Understanding Feelings



Problem Solving



Self-perceived Confidence



Conflict Resolution



Balancing Emotions



Diversity Awareness and Respect

