

## Social Cues Activity #4:

(TREE Program Maryland Chapter AAP <https://www.mdaap.org/tree/>)

Use the illustrations below to observe and discuss social cues with parents – create a laminated card with the illustrations for future use (see Appendix):

**Observe** for social cues such as engagement, disengagement, crying, and sleepiness

**Social Cues Exercise Illustration:** can be used to help parents interpret their baby's social cues:

- What are the signs of a baby who is engaged (eye contact/ smiles/ baby faces parent)?
- In which illustrations do the babies seem *disengaged*?
- How can you tell if a baby is disengaged? How is the behavior different from the engaged baby? (lack of eye contact/ flat face or frown/ baby turned away)
- How do you know when *your* baby is disengaged?
- What is a baby who is disengaged communicating? (overwhelmed/ overstimulated/ needs a break)/ how do you re-engage?
- What is a baby communicating when they are crying? (hunger/ uncomfortable or pain/ overstimulated and needs a break) Does *your* baby have different types of cries?

### Praise-Guide-Praise:

**Praise:** “I noticed you and your baby smiling so beautifully back and forth”

**Guide:** “What do you think your baby is telling you when she smiles?”

**Praise:** “Yes, she is letting you know she feels safe and loved. I think you totally get it”

(complimenting the parent for successfully **reading infant cues**- also see Session 3 Providing Positive Feedback)

**Reading Your Baby's Social Cues:** this illustration can be used at the 4 month well child visit to discuss infant cues and engagement following the prompts on the top

### Additional Notes:

## Social Cues Exercise Illustrations

Identify the infants who are engaged/ disengaged/ drowsy/ distressed





## Reading Your Baby's Social Cues

Note the mother's and baby's facial expressions and body language. What vocal sound do you think the mother is making in each picture? What are the mother and baby feeling and thinking?

