

Infant October 2026



Help your baby feel good about themselves and their abilities

Please bring a small pumpkin to paint by Monday Oct 12th!

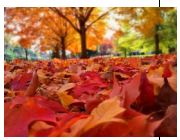
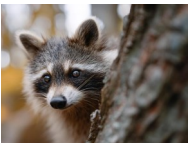
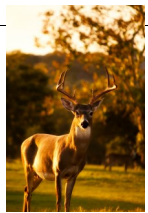
Mon

Tue

Wed

Thu

Fri

		Leaves!	1 	2 
5 	6 Fall Colors	7 	8 	9 
12 	13 Pumpkins!	14	15 	16 
19  	20 I'm a Little Scarecrow	21	22	23 
26 	27 	28 	29 	30 Animal Party! 

Feeling good about themselves and feeling capable ("I can do it!") are two very important ingredients for babies' developing self-confidence.

The things you do to help your baby feel safe and loved also make them feel good about themselves. This includes responding sensitively to their needs and showering them with love and affection. This lets your baby know they are special and valued and builds their self-confidence.

Babies learn "I can do it!" when they succeed at a task or develop a new skill. Picture the joy on a baby's face when they push the correct button to get the bear to pop-up. Imagine that smile getting even bigger when Mom or Dad notices and tells them what a good job they did figuring out this problem. Babies develop a positive sense of self-esteem and self-confidence through the play and interactions they have with the adults in their lives. Their parents and loved ones reflect back to them messages like: You're clever. You're good at figuring things out. You're loved. You make me laugh. I enjoy being with you. These messages shape a baby's developing sense of self.

What you can do:

- Show your baby how much you adore them. Give them lots of smiles, hugs and kisses.
- Delight in your baby's discoveries. *You found Mommy! You pulled away the scarf hiding my face and here I am!*

-Taken from Zerotothree.org