

How Might My Baby Be Feeling?

Babies May Feel	Toddlers May Also Feel
<ul style="list-style-type: none"> • Joy • Excitement • Frustration • Discomfort • Fear • Boredom • Contentment • Pain • Anger • Loneliness • Being Loved • Curious • Tired • Hungry 	<ul style="list-style-type: none"> • Fear • Happiness • Pride • Jealousy • Frustration • Exhaustion • Surprise • Love • Shame

Understanding how others are feeling can be hard to do in early recovery, half the time we don't even know how we are feeling ourselves! For your baby to grow up with good emotional health it's important to regularly think about how she's feeling and support her emotions. When you regularly ponder your baby's feelings and wonder about his emotions you will build your skills at understanding not just his feelings, but your own feelings too! Its like a muscle you're working out – just think of it as your feeling's finder!

Here's a few questions to ask yourself:

- What do I think my baby is feeling right now?
- What is she doing that is clueing me in to this feeling?
- How am I feeling right now, and could my feelings be impacting baby?
- What is going on around us right now and could that be impacting my baby's feelings?
- Because of how he is feeling does he need anything from me right now?
- Because of how she is feeling is there anything going on around us that needs to change right now?

