



Niitty – Developing a Peer-based Family  
Training Model for Immigrants

# EARLY SOCIAL INTERACTION

Varhainen vuorovaikutus



## A LOOK, A WORD, A TOUCH

- Everything you do with your baby constitutes early social interaction.
- Early social interaction helps the baby learn what he or she is like. The baby also learns what other people are like.
- The parents can influence the baby's growth and development.
- Early social interaction is small moments between the baby and the parent.



A challenging situation or traumatic events in the parent's life may make early social interaction with the baby more difficult.

**Talk about it at the child health clinic! Help is at hand!**



## SOCIAL INTERACTION



**Be face to face with your baby.** The baby is looking for familiar faces.

**Look the baby in the eye.** It's important for the baby to know that you see and hear him or her.

**Make facial expressions,** such as smiling or rounding your lips. The baby finds the parent's face fascinating. The baby will try to make the same expressions you make. He or she is learning what expressions mean.

**Touch the baby.** A gentle and safe touch tells the baby that he or she can trust their parent.

**Keep the baby close to you.** Physical proximity calms the baby down and provides security.

**Talk to the baby.** The baby can tell the difference between his or her parents' voices and those of strangers. He or she understands how you speak and what tone you use.

Talking to the baby is the start of his or her speech development.



## THE BABY CRIES

- The baby cries when he or she needs something.
- The baby wants to be close to you.
- It takes a while to learn to understand the baby's crying.
- When the baby cries go to him or her immediately. The baby doesn't know how to wait.



## **FIND OUT WHY THE BABY IS CRYING.**

**The baby is hungry**

→ give him or her food

**The baby is tired**

→ help the baby get to sleep. Hold the baby and touch him or her.

**The baby has peed and pooped**

→ change the nappy

**The baby wants company**

→ Look at the baby, talk to him or her. Play with the baby.



**If you are tired and the baby's crying irritates you,  
ask for help!**



## THE PARENT'S PRESENCE

- It's important for the baby to spend time with the parent.
- The baby notices when the parent is happy and is enjoying doing things together.
- Babies and parents are different. There are many kinds of things that can be done together.

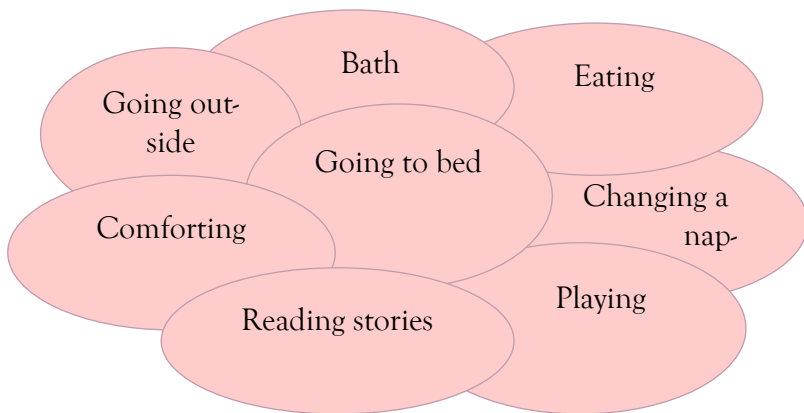
It's important for the parent and the baby to get to know each other and practice what they both like.



## SHARED EVERYDAY MOMENTS

Talk to the baby. Tell him or her what you are doing.

Observe what the baby does and answer his or her messages.



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<https://projects.tuni.fi/niitty/>

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