



Anticipation and Excitement

Speaking for the Baby Campaign

Babies love engaging in play where there are moments of anticipation and excitement – and it's good for them too! These playful interactions offer a unique opportunity for co-regulation, where positive emotions are managed together. It is important to pace anticipation and excitement, ensuring that your baby does not become overwhelmed and remains in a positive state.

After experiencing the highs of excitement, a young baby needs support to transition back to a calmer state. This process is crucial for vital learning about how to manage intense feelings. Through play, babies can safely experience strong emotions and, with the help of an attuned parent, learn to regulate those feelings.

Mutual delight between parents and infants is essential. The enjoyment shared during these moments forms the foundation of a healthy relationship, helping both parent and baby to connect and thrive together.

Fathers often engage in more frequent and energetic play with their babies, offering unique benefits for the healthy development of social and emotional skills.

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