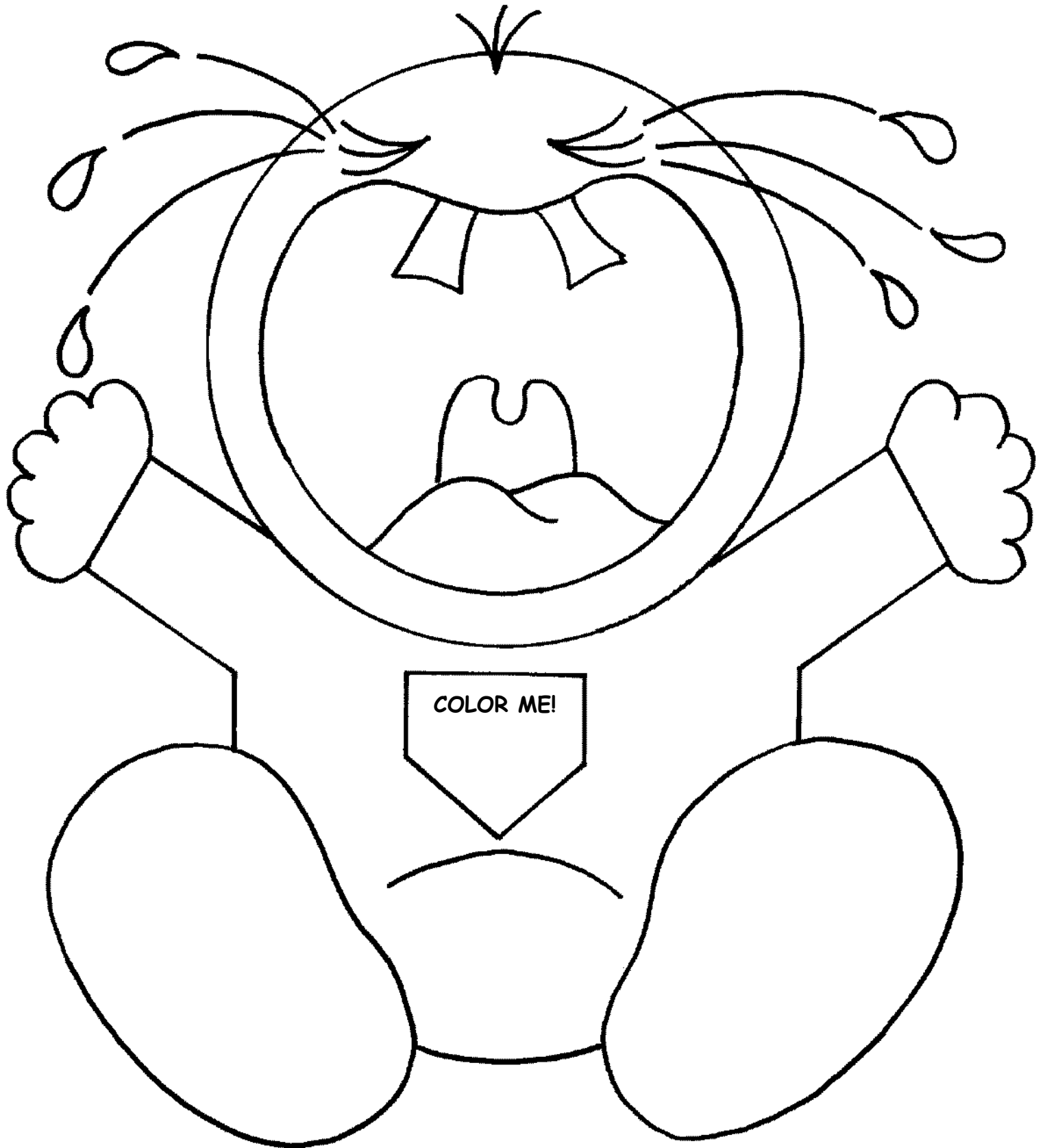


Name: \_\_\_\_\_ Class: \_\_\_\_\_

Social Skills Education by [www.KeepYourChildSafe.org](http://www.KeepYourChildSafe.org)



Babies can get unhappy for all sorts of reasons. Maybe their tummy hurts, or maybe they're hungry, or perhaps something scared them. What do you think might have made this baby unhappy?

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- Besides crying, what are some other ways you might know that a baby is unhappy?

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- What might you do to comfort this baby?

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Babies cry because they don't have any other way to express themselves or communicate. If something is upsetting them, they can't just use their words to say what it is. And if grown-ups can't figure out what is hurting them (or maybe they know what it is but can't help), then a baby may cry and cry and cry.

- What are some of the things that might make a baby cry?

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- Babies can't speak to tell us their problems, but older kids can. What are some of the ways that you can express yourself or communicate?

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- Are there times when it's hard to express how you're feeling?

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When a baby cries and looks unhappy, this upsets the mother and father, too. It's upsetting because the baby's mood affects the mother, and it can be frustrating when someone you care about is unhappy and you can't seem to do anything about it. But does the baby *mean* to upset its mother? Of course not! The baby just doesn't like to be unhappy, and wants someone to soothe their unhappiness. A crying baby isn't a "bad" baby, just a baby who has a problem he needs help with.

- What are some other things kids might do that affect their parents' mood?

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- Are there times when others do things that are upsetting to you, even though they don't mean to?

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- When someone else's moods or actions are frustrating us, what are some of the ways you could keep calm yourself?

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