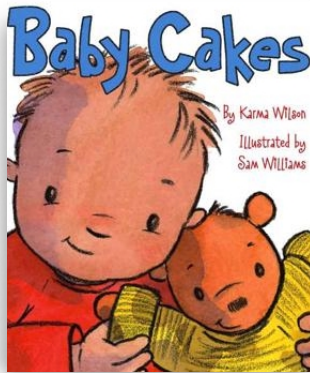


Book Nook

Using Books to Support Social Emotional Development



Baby Cakes

By: Karma Wilson and Illustrated by Sam Williams
Little Simon, 2006

Baby Cakes is a book about the many ways in which one can show infants and toddlers that they are loved. It illustrates fun baby games such as kissing the baby, bouncing the baby on your lap, nibbling the baby's feet, singing to the baby and playing peek-a-boo! The book has rhyming lyrics that infants and toddlers will love! (Ages 1-3)

Examples of activities that can be used while reading *Baby Cakes* and throughout the day to promote social and emotional development:

- While reading the story to a small group of infants and toddlers, perform the actions that the book says. For example, when the book says, "Hide from little Baby Cakes. Peek-a-boo!" Start a game of peek-a-boo with the infants and toddlers by hiding behind a blanket and saying peek-a-boo! Hold the blanket in front of each child and then remove it saying "peek-a-boo!" On pages that do not have a corresponding action, make up an activity that you can do together. For example, if the page just says, "Baby Cakes, Baby Cakes, I love you!" give each infant and toddler a hug or just point to each child as you say "Baby Cakes, Baby Cakes, I love you!" Try using each child's name instead of saying "Baby Cakes, Baby Cakes, I Love you!" For example, say "Kyla, Kyla, I love you!"
- If you are reading the book to a small group of toddlers, give each child a doll or stuffed animal to hold in their lap. As you read the book, assist them in performing the actions in the book with the doll or stuffed animal. Make sure you have a doll or stuffed animal to model kissing, hugging, and loving! This is a great opportunity for toddlers to imitate loving and caring interactions.
- Try reading the book before naptime since the book ends with Baby Cakes going to sleep ("Hug my little Baby Cakes oh so tight. Now my little Baby Cakes go night night). Or you might also try softly saying a few of the rhyming parts every day before naptime. This will help establish a predictable routine. When toddlers hear Baby Cakes, they will know it is naptime!
- Have "Baby Cakes" moments throughout the day, where you perform the actions in the book and remind infants and toddlers they are loved. You can do this at random times throughout the day, as well as when the child is crying and needs comforting. For example, while changing diapers, sing Baby Cakes, Baby Cakes, I love you! Or you could say the child's name instead of Baby Cakes (Tyrone, Tyrone, I love you!). Every time a child is given a "Baby cakes" moment, put a sticker on a chart next to the child's name so you can keep track of how many moments each child receives. This is a great way to remind you to give positive attention to *every* child during the day!



Reading the same book for several days in a row is a great way to provide opportunities for infants, toddlers, and preschoolers to develop a sense of competence and confidence, which is an important part of social and emotional development. They become able to turn pages, point at and label pictures, talk about the story, predict what will happen next, learn new vocabulary words, talk about their own experiences in relation to the story and even make up their own story! Try reading *Baby Cakes* for several days in a row and use some of the ideas, activities, and teaching opportunities listed below to enhance social and emotional skills.

Smiling and Laughing

Playing Together:

Make me laugh: Present infant and toddlers with things that you know generally make them laugh and smile. For example, you can lightly tickle each infant and toddler with a feather, present them with their favorite toy, or even make funny sounds! Make sure you keep a big smile on your face, so they are more likely to smile back at you.

Games: Bring in toys that will surprise the children like a jack in the box or ball popper that will make the infants and toddlers smile with amusement when they see “jack” pop up or when the ball popper pops. Play games like peek-a-boo. Hide toys around the crib, in their pockets or around the room for an added surprise!

Mirror Activity: Provide a mirror in the room so infants and toddlers can look at themselves as they smile and laugh. Try doing things like puckering your lips, blowing kisses, touching your nose with your tongue—anything that the infant or toddler might try to imitate that you think will make them smile or laugh.

Music: Sing a song that encourages laughter and giggles such as The Tickle Song by Mike Whitla (see below). You can also make up your own fun songs to sing! While singing the song, gently tickle the infants and toddlers to see if they giggle and enjoy your tickle touches. Be sure to gently tickle and then wait to see how the infants and toddlers respond. Some infants and toddlers will not enjoy being tickled! If they don't enjoy this, just have fun being with the children and singing the song in a silly voice or use a stuffed animal to tickle as you sing the song!

I'm gonna tickle, tickle, tickle, tickle
Tickle, tickle, tickle, tickle, tickle, tickle, tickle, tickle
I'm gonna wiggle them and tickle them
Tickle them and wiggle them and tickle, tickle, tickle your toes
(repeat with additional body parts, neck, belly, arm, etc)

This Book Nook was developed by Michelle Fieldman, Micki Ostrosky and Tweety Yates