



# **Cuddling, Consciousness, and Cognition: The Significance of Emotional Engagement on Development and Learning**

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# Infant and Toddler Nurturing

(as found in Jeff Johnson's *Babies In the Rain: Promoting Play, Exploration, and Discovery with Infants and Toddlers*)

- ❖ Feed brains and bodies
- ❖ Care for you to care for them
- ❖ Take clues from their cues
- ❖ Get attached
- ❖ Play every day
- ❖ Tune in to temperaments
- ❖ Focus on routines
- ❖ Seek continuity
- ❖ Drive learning with interests
- ❖ Allow self-direction
- ❖ Let them do it
- ❖ Build brains with repetition
- ❖ Devote time to learning
- ❖ Stimulate, but don't overstimulate
- ❖ Choose small groups
- ❖ Love language

# Attachment

**Secure**

**Avoidant**

**Anxious**

**Disorganized**

# S E A L

***Stimulus*** (any sensory provocation)



***Emotion*** (positive or negative)



***Attention*** (positive emotions drive executive functions—negative emotions drive survival)



***Learning*** (the response to the attentional variant)

(adapted from Robert Sylwester's *A Biological Brain in a Cultural Classroom*)