


# Social-Emotional Development By Age

## FIRST YEAR

0-3 Months	4-6 Months	7-9 Months	10-12 Months
<ul style="list-style-type: none"> <li>○ Begins to smile in response to their caregivers, also called a social smile</li> <li>○ Develops more facial and body expressions</li> <li>○ Can briefly calm themselves, e.g. sucking on thumb</li> <li>○ Recognizes they are having fun and may cry when playing stops</li> <li>○ Makes eye contact and looks at people while interacting</li> </ul>	<ul style="list-style-type: none"> <li>○ Is usually happy when surrounded by cheerful caregivers</li> <li>○ Responds to and copies some movements and facial expressions</li> <li>○ Develops an awareness of their surroundings and expresses a desire to engage, e.g. banging objects or toys</li> </ul> 	<ul style="list-style-type: none"> <li>○ May show anxiety around strangers</li> <li>○ Plays social games, e.g. peek-a-boo</li> <li>○ Learns the meaning of words when they're used consistently</li> <li>○ Enjoys looking at self in a mirror</li> <li>○ Becomes more "clingy" when leaving caregiver, e.g. reaches for caregiver when being held by someone else</li> </ul>	<ul style="list-style-type: none"> <li>○ Attempts to display independence, e.g. crawling for exploration or refusing food</li> <li>○ May show fear around unfamiliar people and objects</li> <li>○ Tries to get attention by repeating sounds and gestures</li> <li>○ Enjoys imitating people in play</li> </ul>

1-2 Years	2-3 Years	3-4 Years	4-5 Years
<ul style="list-style-type: none"> <li>○ Shows defiant behavior to establish independence, e.g. having tantrums</li> <li>○ Does not understand what others think or feel and believes everyone thinks as he does, e.g. gets upset when no longer the center of attention</li> <li>○ Enjoys being around other children, but not yet able to share easily</li> <li>○ Can play independently for brief periods of time</li> </ul>	<ul style="list-style-type: none"> <li>○ Copies others in more complex tasks, e.g. cleaning, cooking, self-care</li> <li>○ Shows affection towards friends</li> <li>○ Shows an increasing variety of emotions</li> <li>○ Upset when there are major changes in routine</li> <li>○ Seems concerned about personal needs and may even act "selfishly"</li> </ul>	<ul style="list-style-type: none"> <li>○ Starts cooperating more with others during play, e.g. sharing toys</li> <li>○ Can sometimes work out conflicts with other children, e.g. taking turns in small groups</li> <li>○ Uses words to communicate needs instead of screaming, grabbing, or whining</li> <li>○ Becomes more independent in daily activities, e.g. may choose own clothes to wear</li> </ul>	<ul style="list-style-type: none"> <li>○ Has more developed friendships and maybe even a "best friend"</li> <li>○ More cooperative with rules</li> <li>○ Understands and is sensitive to others' feelings</li> <li>○ Understands the difference between real life and make believe</li> <li>○ Has changes in attitude, e.g. is demanding at times and cooperative at times</li> </ul>

## Social-Emotional Development Tips

- ▶ Model the emotions and behavior you want your child to show
- ▶ Use stories to talk about different social situations and how each person might be feeling
- ▶ Be responsive to your child's emotions and behaviors. Respond quickly to basic needs to develop trust, e.g. feeding, playing, soothing, and comforting them
- ▶ Ask "What would you do?" to help develop problem solving skills
- ▶ Encourage kids to try new things and learn how much they are capable of
- ▶ Help your child work through negative emotions by asking simple questions, offering choices and avoiding power struggles, e.g. "Would you like to brush your teeth or take a bath first?"
- ▶ Play games to teach kids how to take turns, win and lose, share, and negotiate
- ▶ When using screens after 18 months (not recommended earlier), sit with your child and make it a social activity, e.g. asking them questions or playing turn-taking games
- ▶ Point out and talk about your child's emotions and how to cope

