Social-Emotional Development Is Important for:

- Understanding thoughts and feelings to help communicate and act appropriately
- Developing healthy relationships with friends and family

These steps help children live happy, successful lives.



Social-Emotional Skills Impact Daily Life

Social-emotional skills allow us to express ourselves appropriately in different environments and with different people. Developing these skills helps boost your child's confidence and can help them in school, work, and life.

- Succeed in school
- Make friends and maintain friendships
- Resolve conflicts
- Manage stress and anxiety
- Learn social norms

- Make appropriate decisions
- Resist negative social pressure
- Learn our strengths and weaknesses
- Gain awareness of what others are feeling

Where To Go for Help

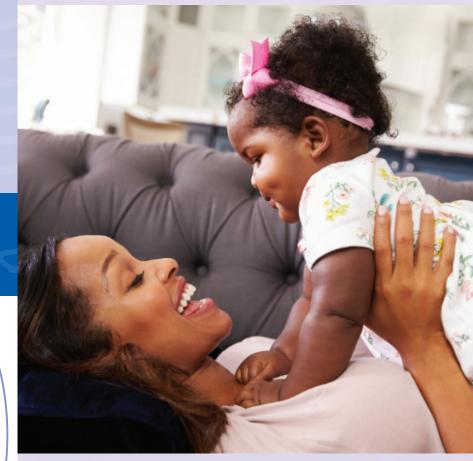
Recognizing an issue early is always best. Children may show different warning signs for social-emotional

issues. If you have a concern talk to your healthcare provider. There are many specialists who may help including:

- Child psychologist
- Social worker
- Neuropsychologist
- Psychiatrist



Early Social-Emotional Development



FREE tools to maximize child development Pathways.org is a 501(c)(3) not-for-profit organization.



- Occupational therapist
- Speech-language pathologist
- Developmental and behavioral pediatrician



Pathways.org empowers parents and health professionals with FREE tools and resources to maximize a child's motor, sensory, and communication development.

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Social-Emotional Development By Age

FIRST YEAR

-) Begins to smile in response to their caregivers, also called a social smile
- Develops more facial and body expressions
- Can briefly calm themselves, e.g. sucking on thumb
- Recognizes they are having fun and may cry when playing stops
- Makes eye contact and looks at people while interacting

Is usually happy when surrounded by cheerful caregivers

Responds to and copies some movements and facial expressions Develops an awareness of their surroundings and expresses a desire to engage, e.g. banging objects or toys



() May show anxiety around strangers

Plays social games, e.g. peek-a-boo

() Learns the meaning of words when they're used consistently Enjoys looking at self in a mirror

Becomes more "clingy" when leaving caregiver, e.g. reaches for caregiver when being held by someone else

or refusing food) May show fear

Tries to get attention by repeating sounds

Enjoys imitating people in play

) Shows defiant behavior to establish independence, e.g. having tantrums

- 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
- Enjoys being around other children, but not yet able to share easily
- Can play independently for brief periods of time

2-3 Years () Copies others in more complex tasks, e.g. cleaning, cooking, self-care

> Shows affection towards friends

Shows an increasing variety of emotions

- Upset when there are major changes in routine
- Seems concerned about personal needs and may even act "selfishly"

) Starts cooperating more with others during play, e.g. sharing toys

3-4 Years

Can sometimes work out conflicts with other children, e.g. taking turns in small groups

Uses words to communicate needs instead of screaming, grabbing, or whining

Becomes more independent in daily activities, e.g. may choose own clothes to wear

- Attempts to display independence, e.g. crawling for exploration
- around unfamiliar people and objects
- and gestures

Has more developed

even a "best friend"

to others' feelings

between real life and

) Has changes in attitude,

e.g. is demanding at times

and cooperative at times

make believe

friendships and maybe

() More cooperative with rules

) Understands and is sensitive

Understands the difference

4-5 Years

Social-Emotional Development Tips

Model the emotions and behavior you want your child to show

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

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?"

Point out and talk about your child's emotions and how to cope

Use stories to talk about different social situations and how each person might be feeling

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

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

Remember to correct your child's age for prematurity.

Please visit www.Pathways.org to find more FREE resources on child development.