



Social and
Emotional
Development



DOES YOUR CHILD:

Child's Name _____

Use a familiar item or trusted adult for comfort?

☐

Often

☐

Sometimes

☐

Not Yet

Show emotions such as excitement, happiness, frustration, or anger?

☐

Often

☐

Sometimes

☐

Not Yet

Try to get to know his/her body by moving his/her body in different ways or playing with his/her fingers, toes, or other body parts?

☐

Often

☐

Sometimes

☐

Not Yet



Clip and return to school.

Clip and Save.

Expose your child to new settings and situations while providing support

Your child will look to you to help them adjust to new people and places. When you comfort your child, you show that they are safe and can manage new situations.

Talk about feelings

Assure your child that you understand that they are frustrated, sad, or hurt. Talk about being excited and happy. Your child may not understand all of your words yet, but your words draw attention to changes in mood. Over time they will learn about feelings. When your voice is calm, it reassures your child that it's okay to have feelings and that together you can handle the situation.

Respond to your child's likes and dislikes when possible

Your child may begin to show you when they like or don't like something. Sometimes you cannot give your child a choice, such as when they need a diaper change. When you are able, allow them to avoid things they don't like or to have things they do like. Having their own likes and dislikes, and making choices helps them to build a sense of self.



Connecticut Office
of Early Childhood