



Social and
Emotional
Development

DOES YOUR CHILD:

Child's Name _____

Have ways to calm themselves when upset?

☐

Often

☐

Sometimes

☐

Not Yet

Identify several emotions (maybe in books or when others express the emotions)?

☐

Often

☐

Sometimes

☐

Not Yet

Talk about being a part of a group such as your family, a class, or a playgroup?

☐

Often

☐

Sometimes

☐

Not Yet

Interact with new adults with your support? (e.g. tell the doctor if something hurts while you are in the room, say "hello" to a cashier)

☐

Often

☐

Sometimes

☐

Not Yet

Play with other children with a common goal or activity (e.g. pretending together, building things together) for a brief time?

☐

Often

☐

Sometimes

☐

Not Yet



Clip and return to school.

Clip and Save.

Plan a small challenge

Pick an activity or game that interests your child but also challenges them just a little. If they show frustration, talk about what they are feeling. For example, "I see you are frustrated because the tower fell down" or "I notice you are getting upset." Then work together to find a solution. By doing this, you teach your child emotion words, let them that know it is okay to feel frustrated or upset, and help them think of solutions. This helps children learn that it is okay to be upset, but that they don't have to stay that way!

Practice Taking Turns

Play a game that involves taking turns or ask your child to share a favorite toy for a short time. Help them take turns by letting them know they will get a chance to play soon. Focus on the skill of waiting rather than what they are waiting for. Waiting is often hard for children so start with quick turns. They may need reminders that they will have a turn. It can help to have something else to do while waiting. Say aloud, "Now it's your turn" to ease the stress of waiting and help with switching turns.



Connecticut Office
of Early Childhood