

SOCIAL EMOTIONAL SKILLS



Social Emotional Skills are the development of a child's interactions with others and the recognition of their feelings in response to a situation.

Social Emotional Skills are when children start to understand who they are, what they are feeling and what they expect to receive from others.

3 Months

- May cry, turn away or make faces when he/she does not like something
- Smiles when happy



6 Months

- Acts shy around strangers
- Gets attached to objects and people and cries when separated from them

9 Months

- When unhappy may cry, kick, bang or throw things



12 Months

- Cooperates more
- You can tell when he/she is happy, sad or angry

18 Months

- Cries when someone they love leaves
- Tantrums are normal to communicate feelings



2 to 3 Years

- Tries to please you but says "no" to try and control the situation
- Starts to communicate feelings verbally

3 to 4 Years

- Can be very social and talks a lot about personal experiences
- Begins to tell stories



4 to 5 Years

- Knows his/her emotions but may not know the words
- Starts to play well with others

What parents can do to help:

- Have consistent routines to help your child feel secure
- Respond to your child's calls for help or attention so they learn to trust
- Model good manners "thank-you", "please" and "may I?"
- Smile at, cuddle with and comfort your child as often as you can
- Show positive ways to express emotion through role modeling
- Spend a lot of time with other kids so your child learns to share and take turns

**Contact your Edmonton Early Years Coalition for more information
www.earlychildhoodedm.ca**