



## Social and Emotional Development Milestones Checklist<sup>9</sup>

### Handout B2



*At this stage of development, my child may ...*

- ☐ Love being the center of attention
- ☐ Begin to show a sense of humor
- ☐ Play best by themselves
- ☐ Be unlikely to share toys
- ☐ Copy adult activities, such as driving a car, reading, or cooking
- ☐ Separate themselves from me for brief periods of time
- ☐ Change what they like or don't like to eat often
- ☐ Resist the limits I set
- ☐ May or may not cooperate
- ☐ Want to do things on their own
- ☐ Struggle with playing with other children
- ☐ Enjoy familiar places
- ☐ Boldly explore and try new things
- ☐ Take risks, if a trusted adult is present
- ☐ Identify themselves in a mirror or photo
- ☐ Show affection to very familiar people and pets
- ☐ Show jealousy when attention is given to other family members
- ☐ Get frustrated easily
- ☐ Display a sense of owning toys and people
- ☐ Enjoy older children but not play with them
- ☐ Have a security toy or blanket

**Reminder...**  
Children grow  
and develop at  
different rates. Your  
child may be following  
a different path than  
other children the  
same age.

Continued



*How I can support my child's  
social and emotional development...*

- ☐ Create and stick to regular routines, talking about any changes in routines before they happen
- ☐ Offer choices: "Do you want to put on the blue or green socks today?"
- ☐ Have happy goodbye routines when we leave each other
- ☐ Model good manners
- ☐ Give them opportunities to share in chores, such as picking up toys or putting clothes in the laundry basket
- ☐ Provide opportunities to play beside other children, not forcing them to play with other children
- ☐ Get on their level to play and practice sharing
- ☐ Use "yes" or "no" clearly to set reasonable limits, keeping explanations brief and consistent
- ☐ Comfort them, especially when upset, sick, or hurt
- ☐ Provide many moments of joy during regular routines like bedtime or bath time
- ☐ Give many opportunities to feel successful
- ☐ Provide opportunities for them to play independently
- ☐ Talk about the emotions they're feeling, such as: "You're feeling happy."
- ☐ Read stories and look at pictures that focus on emotions

*Remember that the Daily Do **Character Builders** supports strong social and emotional development.*