



## Social and Emotional Development Milestones Checklist<sup>6</sup>

### Handout B12



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

☐ Show feelings of:

☐ Embarrassment

☐ Fear

☐ Modesty

☐ Anger

☐ Anxiety

☐ Guilt

☐ Joy

☐ Frustration

☐ Jealousy

☐ Affection

- ☐ Have frequent mood swings and tantrums
- ☐ Recognize themselves in photos or in the mirror
- ☐ Get frustrated easily
- ☐ Show jealousy when others get attention
- ☐ Show empathy by comforting others, at times
- ☐ Recognize the feelings of others, at times
- ☐ Show independence and want to be in control
- ☐ Want to do things without help
- ☐ Have tantrums or meltdowns when tired, overstimulated, or when they can't get what they want
- ☐ Not want to share or play with other children
- ☐ Show affection, empathy, and concern for others
- ☐ Say "no" often
- ☐ Show aggression such as biting and hitting
- ☐ Have a security blanket or toy
- ☐ Get used to routines and may become unhappy with unexpected changes in routine

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

Continued



- ☐ Put on items of clothing without help
- ☐ Help with simple chores like cleaning up toys
- ☐ Enjoy playing alone for short time periods

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

- ☐ Use daily routines to talk about family and friends
- ☐ Talk with my child about new routines or changes to routines
- ☐ Introduce my child to new playmates
- ☐ Supervise my child when they're playing with other children
- ☐ Talk with my child about their emotions and use **E-Parenting** daily
- ☐ Model good manners using "please" and "thank you"
- ☐ Read stories about emotions
- ☐ Get on their level to play and practice sharing
- ☐ Talk with my child about what others are feeling



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