



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

### Handout B12



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

- Show feelings of:
- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> Embarrassment | <input type="checkbox"/> Fear        |
| <input type="checkbox"/> Modesty       | <input type="checkbox"/> Anger       |
| <input type="checkbox"/> Anxiety       | <input type="checkbox"/> Guilt       |
| <input type="checkbox"/> Joy           | <input type="checkbox"/> Frustration |
| <input type="checkbox"/> Jealousy      | <input type="checkbox"/> 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.

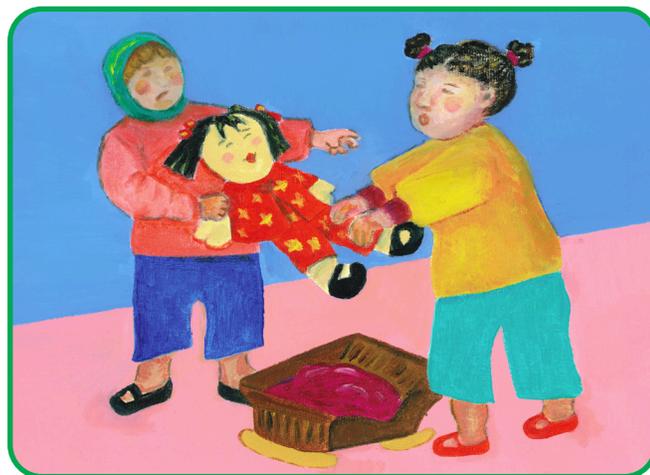
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- Put on items of clothing without help
- Help with simple chores like cleaning up toys
- Enjoy playing alone for short time periods

*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.