



Social and Emotional Development Milestones Checklist⁹

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.*