



Social and Emotional Development Milestones Checklist^{3,7}

Handout C1



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

- ☐ Have trouble taking turns or sharing
- ☐ Prefer to do some things on their own without help
- ☐ Move from playing near other children to playing with other children
- ☐ Like routines and rituals
- ☐ Have difficulty moving from one activity to another
- ☐ Be demanding of things they want or try to control some aspects of their world
- ☐ Demonstrate their understanding of emotions through pretend play with toys (for example, they might show anger by roaring like a lion or show sadness by meowing softly like a kitten)
- ☐ Have strong emotions but is unable to express them in appropriate ways

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

How I can support social and emotional development...

- ☐ Give them opportunities to play with another child (keeping it to one other child at a time)
- ☐ Use their toys during pretend play to help them understand concepts like sharing, manners, and taking turns by saying something like, "Mr. Lion would like some more tea, please." or "Teddy is sharing their toys with Dolly."
- ☐ Help them learn how others feel after a conflict using feeling words like sad, angry, frustrated, or disappointed
- ☐ Cuddle with them while doing one-on-one activities like reading, talking, or singing
- ☐ Encourage positive behaviors by pointing out their efforts. Saying something like, "Great job! You helped clean up the blocks."
- ☐ Support their independence by providing them with opportunities to do some things on their own
- ☐ Label their feelings and talk about the emotions they feel
- ☐ Support their strong emotions by providing them with a quiet space to calm down

Continued

- ☐ Remind them it's okay to take it slow with new people or places
- ☐ Read books or tell stories to show that people and animals have lots of feelings like jealousy, anger, love, etc.
- ☐ Help them understand how their actions make others feel. Saying something like, “When you took the book away from your friend, it made them feel sad.”
- ☐ Stick to routines and provide time for them to transition from one activity to another
- ☐ Encourage self-regulation skills by using a timer to wait for their turn, taking deep breaths when they’re feeling angry or frustrated, or using safe ways to “get the mad out”

Remember, the Daily Do *Character Builders* can also give you ideas on how to support your toddler’s social and emotional development many times throughout the day!.

