



Social and Emotional Development Milestones Checklist^{4,5}

Handout A13



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

- ☐ Understand when I show whether I like or dislike their behavior
- ☐ Cooperate with getting dressed by holding out their arms and legs
- ☐ Copy or imitate simple actions of others
- ☐ Repeat actions or sounds that make me laugh
- ☐ Play simple turn-taking games with me
- ☐ Notice what others are looking at
- ☐ Look at something I point to and then look back at me
- ☐ Show many emotions they experience
- ☐ Become upset when they do something wrong
- ☐ Come to me for comfort when they're feeling upset
- ☐ Demonstrate affection by hugging, kissing, and smiling

Reminder...
Babies grow and develop at different rates. Your baby may be following a different path than other infants the same age.

How I can support social and emotional development...

- ☐ Continue to use nurturing responses when they need help or attention
- ☐ Set and stick to routines
- ☐ Use words like "please" and "thank you" to help them understand manners
- ☐ Eat meals together
- ☐ Play with them and invite others to play with them
- ☐ Encourage affection by asking for hugs and kisses
- ☐ Offer them a simple choice. For example, at mealtime ask if they'd like to use their red or blue cup, or if they'd prefer to use their big blocks or little blocks at playtime, etc.
- ☐ Talk about what comes next in their routine and prepare them for changes in their routine
- ☐ Smile at them and make lots of eye contact
- ☐ Comfort and cuddle them when they're upset, scared, or sick
- ☐ Talk with them about the emotions they're experiencing by using feeling words
- ☐ Stay close by during playtime to help them manage their emotions
- ☐ Provide safe spaces for them to explore
- ☐ Notice and point out positive behaviors that I see them doing