



## Social and Emotional Development Milestones Checklist<sup>5</sup>

### Handout A4



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

- ☐ Make eye contact with me and smile or smile back at me
- ☐ Cry to get their needs met
- ☐ Cry if they're feeling overstimulated or under-stimulated
- ☐ Cry often
- ☐ Begin to trust primary caregivers
- ☐ Study faces and turn their head toward the person speaking
- ☐ Begin to show their personality
- ☐ Make sounds and movements to show how they're feeling. They may laugh, cry, stop crying when they see a familiar person, raise their arms to be picked up, push away things they don't like, etc.
- ☐ Copy facial expressions
- ☐ Be afraid or shy around people they don't know
- ☐ Like to see themselves in the mirror
- ☐ Respond to their name

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...*

- ☐ Comfort and cuddle them when they cry or are feeling upset
- ☐ Smile at them and make lots of eye contact
- ☐ Hold them while talking with them, reading to them, saying their name, telling them how they're feeling, etc.
- ☐ Provide many moments of joy during regular routines like bedtime or bath time

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