

# R E L A X

## Alternatives to Anger for Parents and Caregivers

### Social Emotional Development in Infants and Toddlers

Age	Development	What you can do
0-3 months	<ul style="list-style-type: none"> <li>• Cries, smiles, coos</li> <li>• Looks at faces</li> <li>• Quiets when picked up</li> <li>• Listens to voices</li> </ul>	<ul style="list-style-type: none"> <li>• Look at them</li> <li>• Pick them up</li> <li>• Hold and cuddle them</li> <li>• Use gentle touches</li> <li>• Smile at them</li> <li>• Listen, sing, and talk to them</li> <li>• Read to them</li> </ul>
3-6 months	<ul style="list-style-type: none"> <li>• Gives warm smiles and laughs</li> <li>• Cries when upset and seeks comfort</li> <li>• Shows excitement by waving arms and legs</li> <li>• Likes to look at and be near special persons in life</li> <li>• Can be comforted</li> </ul>	<ul style="list-style-type: none"> <li>• Share baby smiles, laughter</li> <li>• Notice and pay attention to them</li> <li>• Respond to their cries and coos</li> <li>• Hold them when feeding</li> <li>• Hold and read to them</li> <li>• Play lovingly with them</li> </ul>
6-9 months	<ul style="list-style-type: none"> <li>• Plays games like peek-a-boo</li> <li>• May get upset when separated from familiar persons</li> <li>• Responds to own name</li> <li>• Enjoys a daily routine</li> <li>• May be unsure of strangers</li> <li>• May comfort self by sucking thumb or holding a special blanket</li> </ul>	<ul style="list-style-type: none"> <li>• Sing songs and say nursery rhymes</li> <li>• Talk in gentle voice</li> <li>• Be predictable and consistent</li> <li>• Watch and learn their needs and wants</li> <li>• Read to them</li> <li>• Have fun playing baby games with them</li> </ul>
9-12 months	<ul style="list-style-type: none"> <li>• Imitates others</li> <li>• Enjoys books</li> <li>• Is able to be happy, mad, sad</li> <li>• Has a special relationship with parents and caregivers</li> <li>• Is curious about playthings</li> <li>• Shows feelings by smiling, crying, pointing</li> <li>• Trusts that needs will be met</li> </ul>	<ul style="list-style-type: none"> <li>• Talk, sing songs and say nursery rhymes</li> <li>• Encourage them to explore</li> <li>• Be available, gentle, responsive and protective</li> <li>• Read books with baby</li> <li>• Name feelings like happy, mad, sad</li> </ul>

Age	Development	What you can do
12-18 months	<ul style="list-style-type: none"> <li>• Is safe and secure in loving relationships</li> <li>• Explores with enthusiasm</li> <li>• Says 'mama' and 'dada'</li> <li>• Is curious about people</li> <li>• Is bold and confident</li> <li>• Reacts to changes in daily routine</li> </ul>	<ul style="list-style-type: none"> <li>• Offer a safe and trusting relationship</li> <li>• Talk, listen and respond to toddler</li> <li>• Read, sing songs and play</li> <li>• Show interest in toddler</li> <li>• Use words for feelings like happy, mad, sad</li> <li>• Use words to tell them 'what comes next'</li> </ul>
18-24 months	<ul style="list-style-type: none"> <li>• Is curious and likes to explore people, places and things</li> <li>• Is enthusiastic</li> <li>• Laughs out loud</li> <li>• Is loving toward others</li> <li>• Protests and says "no!"</li> <li>• Enjoys books, stories and songs</li> <li>• Plays beside other children</li> </ul>	<ul style="list-style-type: none"> <li>• Share in their joy and laughter</li> <li>• Set limits and be firm, fair and consistent</li> <li>• Encourage curiosity</li> <li>• Read, talk, play, sing songs</li> <li>• Respond lovingly and respectfully to them</li> </ul>
24-30 months	<ul style="list-style-type: none"> <li>• Uses words to communicate</li> <li>• May be shy in unfamiliar places</li> <li>• Uses pretend play</li> <li>• Smiles and laughs</li> <li>• Enjoys lots of books and simple games</li> <li>• Likes to be around people</li> <li>• Is playful with others</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage imaginary play</li> <li>• Help them feel comfortable</li> <li>• Read to them everyday</li> <li>• Talk and use feeling words</li> <li>• Play simple games</li> <li>• Encourage and praise them</li> <li>• Support their play</li> </ul>
30-36 months	<ul style="list-style-type: none"> <li>• Is able to play independently</li> <li>• Separates easily from caregiver in familiar places</li> <li>• Begins to share with others</li> <li>• Shows feelings for others</li> <li>• Expresses many feelings – sad, happy, frightened, angry</li> <li>• Enjoys books and games</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage independent play</li> <li>• Help them separate without difficulty</li> <li>• Help them share</li> <li>• Use many feeling words</li> <li>• Listen and respond to their feelings</li> <li>• Tell stories, read and encourage pretend play</li> </ul>

*Social Emotional Health is a young child's growing ability to:*

- *Form close relationships*
- *Express and manage emotions*
- *Explore new environments*