Social Emotional Skills are the development of a child’s interactions with others and the recognition of their feelings in response to a situation. Social Emotional Skills are when children start to understand who they are, what they are feeling and what they expect to receive from others.

3 Months
May cry, turn away or make faces when he/she does not like something
Smiles when happy

9 Months
When unhappy may cry, kick, bang or throw things

18 Months
Cries when someone they love leaves
Tantrums are normal to communicate feelings

3 to 4 Years
Can be very social and talks a lot about personal experiences
Begins to tell stories

6 Months
Acts shy around strangers
Gets attached to objects and people and cries when separated from them

12 Months
Cooperates more
You can tell when he/she is happy, sad or angry

2 to 3 Years
Tries to please you
Says “no” to try and control the situation
Starts to communicate feelings verbally

4 to 5 Years
Knows his/her emotions but may not know the words
Starts to play well with others

What parents can do to help:
- Have consistent routines to help your child feel secure
- Respond to your child’s calls for help or attention so they learn to trust
- Model good manners “thank-you”, “please” and “may I?”
- Smile at, cuddle with and comfort your child as often as you can
- Show positive ways to express emotion through role modeling
- Spend a lot of time with other kids so your child learns to share and take turns

Contact your local Parent Link Programmer for more information