Where To Go for Help

Recognizing an issue early is always best. Children may show different warning signs for social-emotional issues. If you have a concern talk to your healthcare provider. There are many specialists who may help including:

- Child psychologist
- Social worker
- Neuropsychologist
- Psychiatrist
- Occupational therapist
- Speech-language pathologist
- Developmental and behavioral pediatrician

Early Social-Emotional Development

Social-emotional skills allow us to express ourselves appropriately in different environments and with different people. Developing these skills helps boost your child’s confidence and can help them in school, work, and life.

- Succeed in school
- Make friends and maintain friendships
- Resolve conflicts
- Manage stress and anxiety
- Learn social norms
- Make appropriate decisions
- Resist negative social pressure
- Learn our strengths and weaknesses
- Gain awareness of what others are feeling

Social-Emotional Skills Impact Daily Life

These steps help children live happy, successful lives.

Pathways.org empowers parents and health professionals with FREE tools and resources to maximize a child's motor, sensory, and communication development.

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# Social-Emotional Development Tips

- **Model the emotions and behavior you want your child to show**
- **Be responsive to your child’s emotions and behaviors. Respond quickly to basic needs to develop trust, e.g. feeding, playing, soothing, and comforting them.**
- **Help your child work through negative emotions by asking simple questions, offering choices and avoiding power struggles, e.g. “Would you like to brush your teeth or take a bath first?”**
- **Point out and talk about your child’s emotions and how to cope**
- **Use stories to talk about different social situations and how each person might be feeling.**
- **Ask “What would you do?” to help develop problem solving skills.**
- **Encourage kids to try new things and learn how much they are capable of.**
- **Play games to teach kids how to take turns, win and lose, share, and negotiate.**
- **When using screens after 18 months (not recommended earlier), sit with your child and make it a social activity, e.g. asking them questions or playing turn-taking games.**

## Social-Emotional Development By Age

<table>
<thead>
<tr>
<th>First Year</th>
<th>0-3 Months</th>
<th>4-6 Months</th>
<th>7-9 Months</th>
<th>10-12 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Begins to smile in response to their caregivers, also called a social smile</td>
<td>Is usually happy when surrounded by cheerful caregivers</td>
<td>May show anxiety around strangers</td>
<td>Attempts to display independence, e.g. crawling for exploration or refusing food</td>
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<tr>
<td>Develops more facial and body expressions</td>
<td>Responds to and copies some movements and facial expressions</td>
<td>Plays social games, e.g. peek-a-boo</td>
<td>May show fear around unfamiliar people and objects</td>
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<tr>
<td>Can briefly calm themselves, e.g. sucking on thumb</td>
<td>Develops an awareness of their surroundings and expresses a desire to engage, e.g. banging objects or toys</td>
<td>Learns the meaning of words when they’re used consistently</td>
<td>Trying to get attention by repeating sounds and gestures</td>
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<tr>
<td>Recognizes they are having fun and may cry when playing stops</td>
<td>Makes eye contact and looks at people while interacting</td>
<td>Enjoys looking at self in a mirror</td>
<td>Enjoys imitating people in play</td>
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<tr>
<td>Makes eye contact and looks at people while interacting</td>
<td>Helps your child work through negative emotions by asking simple questions, offering choices and avoiding power struggles, e.g. “Would you like to brush your teeth or take a bath first?”</td>
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