



Wee Beginners (0-18 months): Social Emotional Development – Infants and Toddlers

Emotional well-being during the early years has a powerful impact on social relationships. Children who are emotionally healthy are better able to establish and maintain positive relationships with adults as well as with peers. Through early relationships and with nurturing, infants and toddlers learn ways of being in relationships, how to get their needs and wants met, and how to identify and regulate emotions. Keep in mind that each child reaches their milestones at different times, not one child is the same as another, and these milestones should be used as guidelines to help you know when and what to look for as your child develops.

Ages and Stages of Social-Emotional Development for Infants and Toddlers

Birth to 3 months:

- The first three months are a time all about helping an infant learn to feel safe, comfortable, secure, and curious about his or her world.
- When caregivers respond to an infant's cues with comfort and care, infants develop trust.

3 to 6 months:

- The infant is active, responsive, and increasingly in control of his or her body.
- Infant offers smile and communicates with a gaze and basic vocalizations.

6 to 9 months:

- Infants become eager explorers
- Infants are learning to solve problems.
- Infants are beginning to understand that people still exist even when they are out of sight.

9 to 12 months:

- Infants are enjoying increased independence.
- Infants can understand more than they can verbally communicate.
- Infants enjoy doing things in repetitive mode.

12 to 18 months:

- Infants and toddlers are watching others and imitate what they see.
- Infants and toddlers are using skills to explore and discover the boundaries
- Infants and toddlers are beginning to understand feelings of self and others.

18 to 24 months:

- Toddlers work hard to be in control and engage in problem solving.
- They are increasingly aware of themselves as separate from others and are becoming more enthusiastic about playing with peers.

24 to 36 months:

- Toddlers are using language to express thoughts and feelings.
- Toddlers are using enhanced thinking skills to solve problems.
- Toddlers take pride in their accomplishments.

Supporting All Infants and Toddlers

Infants are born with a unique temperament. There is no right or wrong, good or bad temperament. By understanding temperament, you can continue to use what you know about your infant and/or toddler to encourage their strengths and support their needs.

Source: <https://bit.ly/328rvvU>

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