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Social-Emotional Developmental Milestones

3 year olds:

- Copies adults and friends
- Shows affection for friends without prompting
- Shows wide range of emotions

4 year olds:

- Enjoys doing new things
- More creative with make-believe play
- Cooperates with other children
- Would rather play with other children than his/herself

5 year olds:

- Wants to be like friends
- Likes to sing, dance, and act
- Is sometimes demanding and cooperative
- Can tell the difference between real and make-believe

Socio-Emotional Development: What it is and what providers can do to increase development.

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The importance of social and emotional development on a young child's life cannot be emphasized enough. According to the American Academy of Pediatrics, healthy social and emotional development is an integral part of a child's health and well-being. This development is defined as the ability to form satisfying, trusting relationships with others and includes, play, communication, learning, face challenges, and a full range of emotional behaviors. Key features of this development include how children interact with others and how they self manage their emotions and behaviors. In order to promote advantageous social and emotional childhood growth, studies indicate that introducing healthy positive factors in the classroom and at home are in the best interest of the child and will better serve their progress.

References:

Promoting Social-Emotional Development. Zero to Three. <http://www.zerotothree.org/child-development/social-emotional-development/>. Accessed November 3, 2015.

http://www.cdc.gov/NCBDDD/actearly/pdf/checklist/all_checklists.pdf

Tips to increase children's social and emotional health

1. Engage in frequent, developmentally appropriate social interactions with children and adults in the classroom through the day;
2. Follow children's leads and preferences;
3. Include emotion words in conversations with children
4. Make books available that discuss feelings and social interactions;
5. Ask children meaningful questions about their actions, interests, events, and feelings; and
6. Be responsive to children's interaction attempts and build on what children say.

Reference: SocialEmotional Development: Preschool Children. Virtual Lab School. <https://www.virtuallabschool.org/preschool/social-emotional/lesson-2>. Accessed 11/5/2015.



Teaching Social and Emotional Skills

Working with children to develop new skills can be challenging. Here are some strategies teachers can use when introducing new social and emotional skills to children.

- 1) Modeling- demonstrate the skill and explain what you are doing. This helps children to identify the skill and the correct way to use it.
- 2) Sing a song- create a fun song that children can sing to help remember the new skill. When singing the song, demonstrate the skill so that whenever children hear the song they can associate it to the skill.
- 3) Prompts- provide children with visual, verbal and physical prompts to help them learn how to use the skill during different activities. This continues to teach them the skill and supports their efforts.
- 4) Provide encouragement- acknowledge the children when they use the skill. Provide feedback and encourage them to continue to use the skill the correct way.
- 5) Play games- use games as a fun interactive way to teach a new skill.
- 6) Read books- introduce books to the children that are related to the skill. Books provide an illustration to model a skill.

Reference: Fox, L & Lentini, H. 2006. *You got it! Teaching Social and Emotional Skills*. Young Children on the Web. www.csefel.uluc.edu.