

Signs of social and emotional well-being for infants, toddlers and preschoolers

Infant/Toddler		Recommended Actions	
From birth to age 3 months: - Looks at faces - Listens to voices - Quiets when picked up (the majority of the time) - Cries, smiles and coos		Parent or caregiver: - Looks lovingly at baby - Talks and sings to baby - Touches baby gently - Picks up and soothes crying baby - Reads with baby - Listens to baby - Offers a warm smile - Holds and cuddles baby	
From 3 to 6 months - Gives warm smiles and laughs - Cries when upset, seeks comfort		- Can be comforted (majority of the time) - Likes to look at and be near special person(s) - Shows excitement by waving arms and legs Parent or Caregiver: - Holds baby when feeding - Shares baby's smiles and laughter - Notifies and pays attention to baby - Responds to baby's cries and coos - Holds and reads to baby	
From 6 to 9 months - Plays games like "patty cake" - Responds to own name - Enjoys a daily routine and transitions from situation to situation with relative ease		- May get upset when separated from familiar person(s) - Unsure of strangers - May comfort self by sucking thumb or holding special toy or blanket Parent or Caregiver: - Takes pleasure in games with baby - Talks to baby in gentle voice - Is predictable and consistent - Watches and knows what baby wants - Reads with baby - Sings songs and says nursery rhymes with baby	
From 9 to 12 months - Able to be happy, mad and sad - Shows feelings by smiling, crying, pointing - Is curious about playthings		- Imitates others - Enjoys books - Trusts that his/her needs will be met - Has a special relationship with parents and caregivers Parent or Caregiver: - Names feelings like happy, mad, sad - Is available, responsive, gentle and protective of baby - Encourages baby to explore - Reads books with baby - Talks, sings songs and says rhymes to baby	
From 12 to 18 months - Safe and secure in loving relationships - Curious about people - Explores with enthusiasm - Bold and confident		- Says "mama," "dada," and up to eight additional words (and some two-word sentences) by 18 months - Uses words for feelings: happy, sad, mad - Responds to changes in daily routine Parent or Caregiver: - Offers safe and trusting relationship - Sows interest in toddler - Uses words to tell toddler "what comes next" - Talks, listens and responds to toddler - Reads, sings songs and plays with toddler - Is loving toward toddler	
From 18 to 24 months - Laughs out loud - Loving toward others - Plays beside other children		- Enthusiastic - Protests and says "No!" - Curious and likes to explore people, places and things - Enjoys books, stories and songs Parent or Caregiver: - Shares in toddler's laughter - Loving toward toddler - Encourages curiosity - Sets firm, fair and consistent limits - Celebrates what toddler does - Responds evenly and respectfully with toddler - Reads, talks, listens, plays and sings to toddler	
From 24 to 30 months - Uses words to communicate - Playful with others - May be shy in unfamiliar places		- Likes people - Uses pretend play - Smiles and laughs - Enjoys lots of different books and simple games Parent or Caregiver: - Talks to toddler and uses words for feelings - Supports toddler's play - Helps toddler feel comfortable - Enjoys toddler and plays simple games - Encourages imaginary play - Reads to toddler every day - Praises and encourages toddler	
From 30 to 36 months - Easily separates from primary caregivers in familiar places - Begins to share with others without difficulty		- Shows feelings for others - Expresses many feelings: sad, happy, frightened, angry - Enjoys books and games - Able to play independently Parent or Caregiver: - Encourages toddler to play independently - Helps toddler to separate - Helps toddler to share with others - Listens, responds and helps toddler to use words for feelings - Disciplines positively; consistently - Tells stories, encourages pretend play	

From Center on the Social and Emotional Foundations for Early Learning <http://csefel.uiuc.edu>; reformatted by Karen L. Anderson, <http://successforkidswithhearingloss.com>

Warning signs for potential social-emotional concern

Child's Name _____ Date(s) _____ Observer(s) _____ Location _____

✓	Parents and other caregivers will need information, consultation and referral if the infant ...	Observations/Areas of Concern
	• Resists holding • Is difficult to comfort or console; has prolonged inconsolable crying • Has sleeping or eating difficulties (sleeps or eats too much or too little) • Is failing to thrive • Rarely seeks or makes eye contact, or typically avoids eye contact with parents • Appears unresponsive to efforts to interact or engage • Rarely coos, babbles or vocalizes • Has limited ability to regulate emotions	
✓	Parents and other caregivers will need information, consultation and referral if the toddler or preschooler ...	Observations/Areas of Concern
	• Shows little preference for or excessive dependence on the parent(s) or other primary caregiver • Does not show any apprehension about strangers • Appears excessively irritable or fearful • Has an inappropriate or limited ability to express feelings • Lacks interest or curiosity about people or playthings • Fails to explore his or her environment • Often appears sad and withdrawn • Has inappropriate sexual behavior • Has inappropriate impulsive or aggressive behavior • Has excessive fears that do not respond to reassurance • Experiences frequent night terrors • Has extreme and frequent tantrums • Experiences significant language delays • Exhibits unusual need for order or cleanliness	