

Social and Emotional Milestones of Children Birth to age 5

	Social	Emotional	Self Awareness
Young Infant 0-6 months	<ol style="list-style-type: none"> 1. Prefer parent or caregivers face and voice. 2. Smile back at parent/caregiver. 3. Look at parent/caregiver 4. Anticipates being lifted or fed and moves body to participate. 5. Seeks out adults for play. Stretches arms up 	<ol style="list-style-type: none"> 1. Expresses discomfort and comfort/pleasure 2. Responds with more animation and pleasure to parent and familiar caregiver than to others. 3. Can usually be comforted by familiar adult when upset. 4. Smiles and reacts with obvious pleasure in response to social stimulation- such as playing pat-a-cake 5. Laughs aloud (belly laugh). 7. Expresses several emotions: pleasure, anger, anxiety or fear, sadness, joy, excitement, disappointment, and exuberance. 	<ol style="list-style-type: none"> 1. Sucks fingers or hand. 2. Observes own hands. 3. Looks to the place on body where they are being touched. 4. Reaches for and grasps toys. 5. Clasps hands together and fingers them. 6. Tries to cause things to happen. 7. Begins to distinguish friends from strangers. 8. Shows preference for being held by familiar people
Mobile Infant 8-18 months	<ol style="list-style-type: none"> 1. Exhibits anxious behavior around unfamiliar adults (i.e. cries, clings). 2. Enjoys exploring objects with parent or familiar caregiver 3. Gets others to do things for them (wind up toys, read books, get dolls). 4. Show considerable interest in other children. 5. Shows great interest in adults actions 	<ol style="list-style-type: none"> 1. Actively shows affection for familiar person: hugs, smiles at, runs toward, leans against, and so forth. 2. Shows anxiety at separation from primary caregiver (cries, clings). 3. Shows anger focused on people or objects. 4. Expresses negative feelings. 5. Shows pride and pleasure in new accomplishments. 6. Shows intense feelings for parents. 7. Continues to show pleasure in accomplishments- i.e. opening a toy 8. Asserts self, indicating ownership, i.e. "That's mine!" 	<ol style="list-style-type: none"> 1. Knows own name. 2. Smiles or plays with self in mirror. 3. Explores surroundings. 4. Frequently checks for caregiver's presence. 5. Indicates strong sense of self through assertiveness. 6. Directs actions of others (e.g., "Sit there!"). 7. Begins to use <i>me, you, I</i>.
Toddler 18-36 months	<ol style="list-style-type: none"> 1. Begins to realize others have rights and privileges. 2. Gains greater enjoyment from peer play and joint exploration. 3. Begins to see benefits of cooperation. 4. Identifies self with children of same age or sex. 5. Is more aware of the feeling of others. 6. Exhibits more impulse control and self regulation in relation to others 	<ol style="list-style-type: none"> 1. Frequently displays aggressive feeling and behavior 2. Exhibits contrasting states and mood shifts (stubborn versus compliant). 3. Shows increased fearfulness (of dark, monsters, etc.). 4. Expresses emotions with increasing control. 5. Aware of own feelings and those of others. 6. Shows pride in creation and production. 7. Verbalizes feelings more often. 8. Shows empathic concern for others. 	<ol style="list-style-type: none"> 1. Shows strong sense of self as an individual, as evidenced by "No" to adult requests. 2. Experiences self as a powerful, potent, creative doer. 3. Explores everything. 4. Becomes capable of self-evaluation and has beginning notions of self (good, bad, attractive, ugly). 5. Makes attempts at self-regulation. 6. Uses names of self and others. 7. Identifies 6 or more body parts.
Preschool 3-5 years	<ol style="list-style-type: none"> 1. Plays well with other children and is willing to share at times 2. Demonstrates a sense of humor, can be silly in order to get other people to laugh 3. Plays with other children rather than next to other children. 4. May have a friend 	<ol style="list-style-type: none"> 1. Separates fairly easily, saying goodbye without too much fuss. 2. Adjusts to new situations, especially the school routine. 3. Trusts and takes direction from familiar adults. 4. Expresses emotions verbally to adults and other children. (I am mad, I am sad..) 5. Recognizes feelings of others. 	<ol style="list-style-type: none"> 1. Initiates activities based on own needs and desires 2. Can compare actions with another's- "I am running fast, Sara is not." 3. Evaluates performance, "I built a BIG tower!" 4. Shows pride in winning or doing well.

