

PEOPLE, OBJECTS AND HOW THINGS WORK

Birth to 8 months:

I love to play games like peek-a-boo with you. When I want to keep playing, I wave my arms and legs and make sounds to let you know I don't want to stop.

I learn to make things happen. I can shake a rattle and make a sound. I can kick a mobile and make it move. I can smile, and you will smile back.

8 to 18 months:

I like to be with other children, but kids my age still don't know how to share. You can help us learn to take turns.

I imitate you. I see how you talk and how you do things like cleaning, caring for the dog, fixing things around the house.

18 to 36 months:

I like to play with other kids, and am getting better at sharing.

I can "play pretend" and use my imagination. I will care for my dolls and animals. I will start to make up stories. I can turn my block tower into a house, and even use a block as a phone.

I learn to explore toys and objects in more complex ways. I can organize them too—like putting all the toys with wheels together.

RESOURCES

Bright Futures: National Center for Education in Maternal and Child's Health, Georgetown University's Public policy institute, visit www.brightfutures.org.

Center for Disease Control and Prevention Department of Health and Human Services, visit www.cdc.gov.

CASEL (Collaborative for Academic, Social and Emotional Learning), Department of Psychology, university of Illinois at Chicago, visit www.casel.org.

Zero to Three, visit www.zerotothree.org

National Association for the Education of Young Children, visit www.naeyc.org

Questions or Comments:
Contact School Counselor

Washington County Partnership for Student Success

SNAPSHOTS OF YOUR CHILD'S SOCIAL AND EMOTIONAL WELL-BEING

BIRTH TO AGE 3



"Committed to accessible services for the mental health and well-being of all students in our community."

IDEAS FOR PARENTS

Parents and primary caregivers are critical to a child's social and emotional development. You can promote your child's future success by providing:

- Attentive, regular, responsive, affectionate, and nurturing relationship with at least one parent or caregiver.
- A language-rich setting with opportunities for reading, singing, listening and talking.
- Safe and appropriate food and shelter and surroundings that offers suitable levels of noise and lighting.
- Encouragement for the development and mastery of new skills.
- Materials that encourage children to explore. Some toys, such as jack-in-the-boxes and busy boxes, provide opportunities to explore simple cause and effect. Toddlers can make choices and decisions, by using common materials like empty cardboard boxes, or plastic bowls .

DEVELOPMENT THROUGH YOUR CHILD'S EYES

Birth to 8 months:

- I search for something to suck. This calms me.
- I recognize the smell and voices of those caring for me the most. My favorite sound is the human voice.
- In the first 2 months, I can focus best on things that are 8 to 12 inches away. I turn my head or close my eyes when it is too bright.
- As a newborn, I have a good grip, and will hold onto things you put in my hand.
- At about 3 months, I will start to reach and grab things with both of my hands.
- I will learn to hold my head up, roll, and probably crawl. I have favorite positions, but it's good for me to spend time on my belly, back, and sitting up so I can see things from different views. I feel secure when you hold me and smile at me.
- Sometimes I startle, get frightened, or have taken in too much stimulation, and I need help to settle down.

8 to 18 months:

- I can make marks on paper. I can stack and line up books. I can feed myself with my fingers. If my family encourages me. I can use a spoon and drink from a cup.

DEVELOPMENT THROUGH YOUR CHILD'S EYES CONT...

- I can crawl, then walk, then run. I love to climb stairs but still need a lot of help with this.
- I want to help you get me dressed and undressed.
- I feel important and loved when you listen to me, talk to, and play with me; when you love me and cuddle me; when you encourage me to explore and join in my discoveries, when you show that you are proud of me.
- I have favorite people, toys, food, and clothing. I can point to and tell you the names of many parts of my body. I begin to use "me" and "mine."

18 to 36 months:

- I can turn the pages of a book, scribble with crayons, even draw shapes like a circle. I can thread beads with large holes and use kid scissors. I can stir the cake mix, work the TV remote.
- I kick and throw balls. I can stand on one foot. I learn to go up and down the stairs with one foot on each step.
- I can do so many things for myself-pour milk on cereal, wash myself in the bathtub, dress myself in simple clothing.
- I may know up to 200 words in my home language and sometimes in a second language, too.