## Alternatives to Anger for Parents and Caregivers

### Social Emotional Development in Infants and Toddlers

<table>
<thead>
<tr>
<th>Age</th>
<th>Development</th>
<th>What you can do</th>
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</table>
| 0-3 months  | - Cries, smiles, coos  
               - Looks at faces  
               - Quiets when picked up  
               - Listens to voices | - Look at them  
               - Pick them up  
               - Hold and cuddle them  
               - Use gentle touches  
               - Smile at them  
               - Listen, sing, and talk to them  
               - Read to them |
| 3-6 months  | - Gives warm smiles and laughs  
               - Cries when upset and seeks comfort  
               - Shows excitement by waiving arms and legs  
               - Likes to look at and be near special persons in life  
               - Can be comforted | - Share baby smiles, laughter  
               - Notice and pay attention to them  
               - Respond to their cries and coos  
               - Hold them when feeding  
               - Hold and read to them  
               - Play lovingly with them |
| 6-9 months  | - Plays games like peek-a-boo  
               - May get upset when separated from familiar persons  
               - Responds to own name  
               - Enjoys a daily routine  
               - May be unsure of strangers  
               - May comfort self by sucking thumb or holding a special blanket | - Sing songs and say nursery rhymes  
               - Talk in gentle voice  
               - Be predictable and consistent  
               - Watch and learn their needs and wants  
               - Read to them  
               - Have fun playing baby games with them |
| 9-12 months | - Imitates others  
               - Enjoys books  
               - Is able to be happy, mad, sad  
               - Has a special relationship with parents and caregivers  
               - Is curious about playthings  
               - Shows feelings by smiling, crying, pointing  
               - Trusts that needs will be met | - Talk, sing songs and say nursery rhymes  
               - Encourage them to explore  
               - Be available, gentle, responsive and protective  
               - Read books with baby  
               - Name feelings like happy, mad, sad |
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| 12-18 months | • Is safe and secure in loving relationships  
• Explores with enthusiasm  
• Says ‘mama’ and ‘dada’  
• Is curious about people  
• Is bold and confident  
• Reacts to changes in daily routine | • Offer a safe and trusting relationship  
• Talk, listen and respond to toddler  
• Read, sing songs and play  
• Show interest in toddler  
• Use words for feelings like happy, mad, sad  
• Use words to tell them ‘what comes next’ |
| 18-24 months | • Is curious and likes to explore people, places and things  
• Is enthusiastic  
• Laughs out loud  
• Is loving toward others  
• Protests and says “no!”  
• Enjoys books, stories and songs  
• Plays beside other children | • Share in their joy and laughter  
• Set limits and be firm, fair and consistent  
• Encourage curiosity  
• Read, talk, play, sing songs  
• Respond lovingly and respectfully to them |
| 24-30 months | • Uses words to communicate  
• May be shy in unfamiliar places  
• Uses pretend play  
• Smiles and laughs  
• Enjoys lots of books and simple games  
• Likes to be around people  
• Is playful with others | • Encourage imaginary play  
• Help them feel comfortable  
• Read to them everyday  
• Talk and use feeling words  
• Play simple games  
• Encourage and praise them  
• Support their play |
| 30-36 months | • Is able to play independently  
• Separates easily from caregiver in familiar places  
• Begins to share with others  
• Shows feelings for others  
• Expresses many feelings – sad, happy, frightened, angry  
• Enjoys books and games | • Encourage independent play  
• Help them separate without difficulty  
• Help them share  
• Use many feeling words  
• Listen and respond to their feelings  
• Tell stories, read and encourage pretend play |

Social Emotional Health is a young child’s growing ability to:
- Form close relationships
- Express and manage emotions
- Explore new environments