

activities for SOCIAL & EMOTIONAL DEVELOPMENT

The Social & Emotional Stage of Development includes learning about feelings and how to manage them, when children begin to understand who they are, and when they come to know what to expect when interacting with others, as well as beginning to form relationships.

You can help support your child's Social & Emotional development with these simple activities.

1

Sing songs or nursery rhymes to your baby when you're changing their diaper, often repeating the same ones. Babies are reassured by the routine.

2

Look at photos together of friends and family and talk about who they are.

3

Get messy! Give your child time to free play with sand, mud, or water.

4

Read stories with characters that experience big feelings.

5

Tell each other jokes and stories, and learn about each other through laughing, talking, and being creative together.

7

Let your child take the lead during imaginative play, and respond to their ideas and instructions. This models active listening and show your child what they are saying and doing is important.

6

Role play situations that are familiar to your child, like cooking, going to the park and meeting a new friend, or rocking a baby.



Wyoming
Department
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