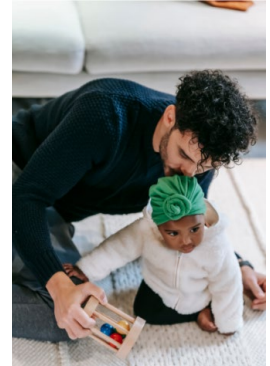




SOCIAL AND EMOTIONAL DEVELOPMENT



Young children’s early relationships with parents and other caregivers become the framework for their future social and emotional development. Children construct knowledge about the world through their social exchanges, signifying the importance of social and emotional development to all other areas of development. For these reasons, early attachments are critical to children’s overall health, development and learning.

The [Florida Early Learning and Developmental Standards](#) will guide educators and families as they support a child’s learning from birth through age five. As children grow, their ability to establish relationships with peers and with additional adults influences how they view themselves and the world. Positive and adaptive social behaviors result from interacting with others who have different characteristics and backgrounds. With the help of supportive adults, young children expand their capacities to recognize and express their own feelings, and to understand and respond to the emotions of others.

[First Teacher: A Parent’s Guide to Growing and Learning](#) is a guide to your child’s development and has activities for you to support your child’s learning during daily routines and play. These activities will help your child’s development and provide the building blocks for his future success in school and life. Take a look through our First Teacher books for guidance on your child's development and how to encourage them to explore, learn and grow.

- [Birth to 8 Months](#)
 - [Birth to 8 Months \(Spanish\)](#)
 - [Birth to 8 Months \(Haitian Creole\)](#)
- [8 Months to 18 Months](#)
 - [8 Months to 18 Months \(Spanish\)](#)
 - [8 Months to 18 Months \(Haitian Creole\)](#)
- [18 Months to 24 Months](#)
 - [18 Months to 24 Months \(Spanish\)](#)
 - [18 Months to 24 Months \(Haitian Creole\)](#)
- [Two-Year-Olds](#)
 - [Two-Year-Olds \(Spanish\)](#)
 - [Two-Year-Olds \(Haitian Creole\)](#)
- [Three-Year-Olds](#)
 - [Three-Year-Olds \(Spanish\)](#)
 - [Three-Year-Olds \(Haitian Creole\)](#)
- [Four-Year-Olds](#)
 - [Four-Year-Olds \(Spanish\)](#)
 - [Four-Year-Olds \(Haitian Creole\)](#)



You can download a complete set of [Vroom Tips](#) linked to the Florida Early Learning and Developmental Standards.

III. Social and Emotional Development

See You Later

Before you go to work or drop your child off somewhere, share a favorite "See you later" story, such as "After a while, crocodile" or "See you soon, cocoon." Create a new goodbye tradition. Tell him/her that after it's finished, it will be time for you to leave. Reassure your child that you will see him/her later.

Brainy Background

Transitions can be difficult for toddlers. When you create a goodbye tradition through the "See you later" poem or another story, you give him/her some control, which helps him/her feel safe.

Ages Two Year Olds

Vroom

[Vroom](#) is an app for families and child care providers that offers "brain building tips" and resources to use with children from birth to five years old. Vroom was developed by the Bezos Family Foundation and is based on brain development research and input from the leading researchers, neuroscientists and early childhood experts in the field. It offers free daily tips for families to use with their young children that will turn everyday moments into "brain building moments" by connecting the tips to a family's daily routines and activities. The Vroom tips are posted here with permission in alignment with the Florida Early Learning and Developmental Standards.

[An Educator's Guide to Understanding The Florida Early Learning and Developmental Standards: Birth to Kindergarten](#) is a resource for educators that contains information supporting Standards implementation. This resource details all eight domains within the standards and provides insight on how children may demonstrate competency of each standard and how educators and families may support children as they grow and learn.

III. SOCIAL AND EMOTIONAL DEVELOPMENT

B. MANAGING EMOTIONS

2 - 3 YEARS (24 - 36 months)

Two-year-olds are learning **social expectations** and will look to their preferred adults for guidance. They continue needing guidance to label and express their emotions.

STANDARD 1.
Demonstrates ability to self-regulate

BENCHMARK a.
Takes cues from preferred adult and others to expand their strategies and tools to self-regulate

- | Children may... | Educators may... | Families may... |
|---|---|---|
| <ul style="list-style-type: none"> - Use words or cry to get an adult's attention. - Reenact a stressful event in dramatic play, such as going to the dentist. - Watch classmates and imitate their expression of emotions. - Follow the teacher's lead to comfort an upset classmate. - Imitate a classmate in what they do and say. | <ul style="list-style-type: none"> - Continue labeling children's emotions throughout the day. - Use puppets to act out a conflict in the classroom and talk about emotions and what they look like on someone's face. - When a child is happy/sad/mad, label the emotion and say how the educator can tell the child is feeling that way. | <ul style="list-style-type: none"> - Help children use their words of emotions to express what they are feeling. - Understand that children are taking cues from people around them as to how to react when they are happy/sad/mad. |



Resources and Activities for Supporting Social and Emotional Development in Early Learning

- [Everyday Ideas for Increasing Children's Opportunities to Practice Social Skills and Emotional Competencies](#)

Find ideas and strategies organized by the type of skill targeted: emotions, friendship, problem-solving, and handling anger and other difficult emotions. For each set of strategies, there are daily ideas which require relatively little planning, weekly ideas that require training and materials, and ideas that can be sent home with families.

- [Building Social and Emotional Skills at Home](#)

School classrooms are busy places where young children learn all sorts of things, including social and emotional skills such as how to express feelings and how to work together with friends on a project. Here are some suggestions for helping your child develop social and emotional skills at home.

- [7 Activities for Social and Emotional Development for Preschoolers](#)

While fostering emotional development in early childhood education is an important task, it's not always easy.

- [Social and Emotional Development in Early Childhood](#)

A tremendous amount of social and emotional development takes place during early childhood. As kids experience temper tantrums, mood swings, and an expanding social world, they must learn more about their emotions as well as those of other people.

- [Social-Emotional Skills: Know the Basics](#)

While these skills may sound complex, social and emotional development begins at a very young age.





ZERO TO THREE works to ensure that babies and toddlers benefit from the family and community connections critical to their well-being and development. Healthy connections help build babies' brains.

PODCAST - [How Emotional Development Unfolds Starting at Birth](#)

ZERO TO THREE's podcast series, Little Kids, Big Questions, addresses some of the most common (and challenging) issues facing parents of babies and toddlers. Dr. Ross Thompson talks about the emotional life of young children. Ross is a professor of psychology at the University of California, Davis and is on the Board of Directors at ZERO TO THREE.

VIDEO - [From Feelings to Friendships: Nurturing Healthy Social-Emotional Development in the Early Years](#)

The bond between a parent and child builds the child's ability to form relationships with others, express emotions, and face difficult challenges. Through supportive relationships, young children can explore the world, develop empathy, and understand the difference between right and wrong. This video provides strategies for developing a strong bond and nurturing relationship with your child.

SERIES - [Developing Social-Emotional Skills](#)

Learn what you can do to support social-emotional development in your child from birth to age three.

PARENTING RESOURCE - [Tips on Helping Your Child Build Relationships](#)

Through relationships, children discover who they are and learn to understand others. Learn how you can help your infants and toddlers develop strong relationships with the people in their lives.





Books are a great way to support children as they develop their social and emotional skills and understanding.

Just Read, Families!

Reading Begins at Home

Strong parental involvement is a key component of the Just Read, Florida! initiative. Other than helping your children to grow up happy and healthy, the most important thing that you can do for them is help them develop their reading skills.

Babies

Read to your baby for short periods several times a day. As you read, point out things in the pictures. Name them as you point to them. Cardboard or cloth books with large simple pictures of things with which babies are familiar are the best books to begin with.

Children Ages 1-4

Talk with your child as you read together. Point to pictures and name what is in them. When he is ready, ask him to do the same. Ask him about his favorite parts of the story and answer his questions about events or characters.

Wherever you are with your child, point out individual letters in signs, billboards, posters and books. When he is 3 to 4 years old, ask him to begin finding and naming some letters.

Reading Tips for Parents

Strong parental involvement is a key component of the Just Read, Florida! initiative. Other than helping your child to grow up happy and healthy, the most important thing that you can do for them is help them develop their reading skills. Click [here](#) for the full Reading Tips for Parents document.



4 things families can do with these resources:

1. Read the *First Teacher: A Parent's Guide to Growing and Learning* for guidance on your child's development and how to support them as they learn and grow.
2. Download the Vroom app to receive daily brain building texts to your smartphone, tablet or computer.
3. Review the article Building Social and Emotional Skills at Home and have some fun all while helping your child grow in their social and emotional development.
4. Take a trip to the local library and read books that are part of the Preschool Booklist.

4 things providers can do with these resources:

1. Share the Social and Emotional Development resources with families.
2. Use the Florida Early Learning and Developmental Standards to structure daily lessons that allow for social and emotional learning opportunities.
3. Ensure that books that enhance social and emotional development are available for children to read in classrooms.
4. Have teachers use Vroom tips focused on social and emotional development during transition times throughout the day.

4 things early learning coalitions can do with these resources:

1. Share the Social and Emotional Development resources with providers through newsletters or at provider meetings.
2. Have a family workshop or training on the importance of Social and Emotional Development utilizing these resources.
3. Feature the Vroom tips and videos on social media throughout the year.
4. Have books that focus on Social and Emotional Development available in waiting areas for children to enjoy.