

Early Childhood Well-Being Resources for Parents

It starts with creating a strong environment right at home!

Parents and care givers can learn more about developmental milestones and how to build a healthy body and brain by exploring the links below:

- [CDC Learn the Signs. Act Early Campaign](#)- Visit the site for free child development materials.
- [The Hampton Roads Basics](#) are five fun, simple and powerful ways that every family and all child care providers can use to build healthy brains and to give every child a great start in life. Visit www.TheBasicsHR.org to learn more.
- [Healthy Alternatives For Little Ones \(HALO\)](#), EVMS, CINCH - The HALO program provides a holistic health curriculum in early-learning settings for children ages 3 to 6. Contact: Tierra Langley LangleTR@EVMS.EDU
- **Early Detection + Early Intervention = A Life Full of Possibilities**- Learn more about detecting delays and find helpful videos at Pathways.org supported by American Academy of Pediatrics.
- If you or your child's teacher suspects a developmental delay, there are specialists who can help. [The Virginia Infant & Toddler Specialist Network](#) (VA- ITSN) - Through training, child care providers will learn how to encourage infants and toddlers to express and regulate emotions, solve problems, develop positive relationships and focus on tasks. Eastern Region- contact Children's Harbor at **757-399-1337**

Social-Emotional Development By Age



FIRST YEAR

0-3 Months	4-6 Months	7-9 Months	10-12 Months
<ul style="list-style-type: none"> <input type="radio"/> Begins to smile in response to their caregivers, also called a social smile <input type="radio"/> Develops more facial and body expressions <input type="radio"/> Can briefly calm themselves, e.g. sucking on thumb <input type="radio"/> Recognizes they are having fun and may cry when playing stops <input type="radio"/> Makes eye contact and looks at people while interacting 	<ul style="list-style-type: none"> <input type="radio"/> Is usually happy when surrounded by cheerful caregivers <input type="radio"/> Responds to and copies some movements and facial expressions <input type="radio"/> Develops an awareness of their surroundings and expresses a desire to engage, e.g. banging objects or toys 	<ul style="list-style-type: none"> <input type="radio"/> May show anxiety around strangers <input type="radio"/> Plays social games, e.g. peek-a-boo <input type="radio"/> Learns the meaning of words when they're used consistently <input type="radio"/> Enjoys looking at self in a mirror <input type="radio"/> Becomes more "clingy" when leaving caregiver, e.g. reaches for caregiver when being held by someone else 	<ul style="list-style-type: none"> <input type="radio"/> Attempts to display independence, e.g. crawling for exploration or refusing food <input type="radio"/> May show fear around unfamiliar people and objects <input type="radio"/> Tries to get attention by repeating sounds and gestures <input type="radio"/> Enjoys imitating people in play



1-2 Years	2-3 Years	3-4 Years	4-5 Years
<ul style="list-style-type: none"> <input type="radio"/> Shows defiant behavior to establish independence, e.g. having tantrums <input type="radio"/> Does not understand what others think or feel and believes everyone thinks as he does, e.g. gets upset when no longer the center of attention <input type="radio"/> Enjoys being around other children, but not yet able to share easily <input type="radio"/> Can play independently for brief periods of time 	<ul style="list-style-type: none"> <input type="radio"/> Copies others in more complex tasks, e.g. cleaning, cooking, self-care <input type="radio"/> Shows affection towards friends <input type="radio"/> Shows an increasing variety of emotions <input type="radio"/> Upset when there are major changes in routine <input type="radio"/> Seems concerned about personal needs and may even act "selfishly" 	<ul style="list-style-type: none"> <input type="radio"/> Starts cooperating more with others during play, e.g. sharing toys <input type="radio"/> Can sometimes work out conflicts with other children, e.g. taking turns in small groups <input type="radio"/> Uses words to communicate needs instead of screaming, grabbing, or whining <input type="radio"/> Becomes more independent in daily activities, e.g. may choose own clothes to wear 	<ul style="list-style-type: none"> <input type="radio"/> Has more developed friendships and maybe even a "best friend" <input type="radio"/> More cooperative with rules <input type="radio"/> Understands and is sensitive to others' feelings <input type="radio"/> Understands the difference between real life and make believe <input type="radio"/> Has changes in attitude, e.g. is demanding at times and cooperative at times

Remember to correct your child's age for prematurity.

Please visit www.Pathways.org to find more FREE resources on child development.