


# 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. Follow [The Basics Hampton Roads Instagram](#) page. 
- [Bright Views](#), EVMS, CINCH – Bright Views is an engaging, holistic health curriculum for children ages 3-6. For more information, contact [Cinch@EVMS.EDU](mailto:Cinch@EVMS.EDU)
- **Early Detection + Early Intervention = A Life Full of Possibilities**- Learn more about detecting delays and find helpful videos at [Pathways.org](http://Pathways.org) supported by American Academy of Pediatrics.

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

1-2 Years	2-3 Years	3-4 Years	4-5 Years
<ul style="list-style-type: none"> <li><input type="radio"/> Shows defiant behavior to establish independence, e.g. having tantrums</li> <li><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</li> <li><input type="radio"/> Enjoys being around other children, but not yet able to share easily</li> <li><input type="radio"/> Can play independently for brief periods of time</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Copies others in more complex tasks, e.g. cleaning, cooking, self-care</li> <li><input type="radio"/> Shows affection towards friends</li> <li><input type="radio"/> Shows an increasing variety of emotions</li> <li><input type="radio"/> Upset when there are major changes in routine</li> <li><input type="radio"/> Seems concerned about personal needs and may even act "selfishly"</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Starts cooperating more with others during play, e.g. sharing toys</li> <li><input type="radio"/> Can sometimes work out conflicts with other children, e.g. taking turns in small groups</li> <li><input type="radio"/> Uses words to communicate needs instead of screaming, grabbing, or whining</li> <li><input type="radio"/> Becomes more independent in daily activities, e.g. may choose own clothes to wear</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Has more developed friendships and maybe even a "best friend"</li> <li><input type="radio"/> More cooperative with rules</li> <li><input type="radio"/> Understands and is sensitive to others' feelings</li> <li><input type="radio"/> Understands the difference between real life and make believe</li> <li><input type="radio"/> Has changes in attitude, e.g. is demanding at times and cooperative at times</li> </ul>

Remember to correct your child's age for prematurity.

Please visit [www.Pathways.org](http://www.Pathways.org) to find more FREE resources on child development.