

Social Emotional Development of Young Children RESOURCE Guide

“Social and Emotional Development is a child’s developing capacity to form close and secure relationships and to experience, regulate, manage and express emotions, and explore and learn in the context of family, community and cultural expectations for children.”

Zero to Three

9 COMMON TEMPERAMENT TRAITS describe how a child reacts to and experiences the world

1. Activity level
2. Distractibility
3. Intensity
4. Regularity
5. Sensitivity
6. Approachability
7. Adaptability
8. Persistence
9. Mood

GOODNESS OF FIT is the compatibility between the adult’s and child’s temperament. A goodness of fit occurs when the adult’s expectations and methods of caregiving match the child’s style and abilities. The caregiver doesn’t have to change his or her own temperament. They can simply adjust their caregiving methods to be a positive support to the child’s natural way of responding to the world.

STRATEGIES to Contribute to the Social and Emotional Well-being of Young Children and Their Families

1. Build a close relationship with the parents and primary caregivers.
2. Help caregivers to notice and learn about their child’s social and emotional development.
3. Offer information that builds parents knowledge and skills in facilitating their child’s development.
4. Pay attention to parent-child interactions and refer for intervention when you have concerns.
5. Watch for red flags that may indicate a need for expert consultation and assistance.

SERVE AND RETURN – the earliest back and forth interactions between an infant and her primary caregiver

1. Notice the serve.
2. Return the serve.
3. Give it a name!
4. Take turns...and wait.
5. Practice endings and beginnings.

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Resources for Providers:

- [Serve and Return](#), Center on the Developing Child, Harvard University
 - [Serve and Return Video](#) - [English](#), [Spanish](#), [Haitian Kreyol](#), and [Portuguese](#)
 - [5 Steps for Brain-Building Serve and Return](#) – [English](#) and [Spanish](#)
- [Learn the Signs. Act Early.](#) Centers for Disease Control and Prevention - [English](#) and [Spanish](#)
 - [Tips for Talking with Parents about developmental Concerns](#) - [English](#)
- [Early Childhood Practitioner Tip Sheets](#), OPRE Report #2018-10, Washington, DC, US Department of Health and Human Services
 - [Supporting the Development of Self-Regulation in Young Children: Tips for Practitioners Working with Families in Home Settings](#), - [English](#)
 - [Self-Regulation Snap Shot #1: A Focus on Infants and Toddlers](#) - [English](#)
 - [Self-Regulation Snap Shot #2: A Focus on Preschool-Aged Children](#) - [English](#)
 - [Reflections on the Relevance of “Self-Regulation” for Native Communities](#) - [English](#)
- [Find your state or territory’s early intervention program](#) - [English](#)

Resources for Families:

- [Jennifer and Brielle, Serve and Return in Action](#) - [English](#)
- [Learn the Signs. Act Early.](#) Centers for Disease Control and Prevention
 - [Milestones Checklists with Tips](#) - [English](#)
 - [Milestones Moments Booklet](#) - [English](#)
 - [CDC’s Milestones Tracker App](#) - [English](#) and [Spanish](#)
 - [CDC’s Amazing Books for Children](#)
 - [Baby’s Busy Day – Being One is So Much Fun!](#) – [English](#) and [Spanish](#)
 - [Where is Bear? A Terrific Tale for 2-Year-Olds](#) – [English](#) and [Spanish](#)
 - [Amazing Me – It’s Busy Being 3!](#) – [English](#) and [Spanish](#)
 - [How to Talk with the Doctor if You’re Concerned About Your Child’s Development](#) – [English and Spanish](#)
- [Birth to 5: Watch Me Thrive! Screening Passport](#) – [English](#)
- [Center for Early Childhood Mental Health Consultation](#), Georgetown University Center for Child and Human Development
 - [Parent Posters to Increase Positive Social Emotional Interactions](#), – [English](#) and [Spanish](#)
 - [Social Emotional Tips for Families with Infants](#) - [English](#)
 - [Social Emotional Tips for Families with Toddlers](#) - [English](#)
 - [IT³ Infant Toddler Temperament Tool](#), Supporting a “Goodness of Fit,”
 - [Online Tool](#) – [English](#) and [Spanish](#)
 - [Infant Print Version](#) - [English](#) and [Spanish](#)
 - [Toddler Print Version](#) – [English](#) and [Spanish](#)
 - [Graffiti Posters – Tips for Managing Stress in a Healthy Way](#) – [English](#) and [Spanish](#)
- [Tips for Parents During Times of Trauma](#), Parents as Teachers National Center - [English](#)