AGES 0-3 MONTHS

Social and Emotional Development Begins Early

YOUR BABY MAY

CARE AND ATTENTION



RECOGNIZE
PARENTS' VOICES
AND RESPOND
POSITIVELY
TO TOUCH



PARENTS MAY NOTICE THEIR BABY

- Crying a lot, or for long periods of time
- Changing sleeping patterns
- Having different feeding patterns when growing
- > Adapting to new routines

GOOD IDEAS

TAKE CARE OF YOURSELF DRINK PLENTY OF WATER, SLEEP AND RELAX

ENJOY THIS TIME WITH YOUR BABY





REACH OUT FOR SUPPORT

BE PATIENT ABOUT LEARNING NEW ROUTINES



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AGES 3-6 MONTHS

Social and Emotional Development Begins Early

YOUR BABY MAY



BECOME MORE SETTLED IN ROUTINES START USING SOCIAL SMILES AND SOCIAL GESTURES







BEGINTRYING
TO FIGURE OUT
HOW THINGS
MOVE OR WORK

PARENTS MAY NOTICE THEIR BABY

- Being fussy or having colic
- ▶ Having some anxiety toward strangers
- ▶ Becoming more active

GOOD IDEAS

INTERACT WITH
YOUR BABY
FREQUENTLY

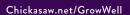
AND YOUR FAMILY CONTINUE

ADJUSTING TO CHANGES

SPEAK TO YOUR BABY, USING WORDS TO DESCRIBE THEIR FEELINGS

COPY YOUR BABY'S SOUNDS AND ACTIONS







AGES 6-9 MONTHS

Social and Emotional Development Begins Early

YOUR BABY MAY

POINT TO THINGS TO COMMUNICATE

WANT TO TAKE PART IN ACTIVITIES WITH PEOPLE

USE GESTURES AND SOUNDS TO INTERACT BEGIN TO RECOGNIZE OTHERS' EMOTIONS SEEK COMFORT WHEN UPSET

PARENTS MAY NOTICE THEIR BABY

- Clinging to parents or caregivers
- ▶ Being more active
- Becoming mobile

GOOD IDEAS

PARENTS AND
SUPPORTERS

SPEAK TO YOUR BABY,
USING WORDS TO
DESCRIBE THEIR FEELINGS

ENCOURAGE EXPLORATION OF SAFE SPACES

HOLD AND COMFORT YOUR BABY, ESPECIALLY WHEN UPSET, SICK OR HURT



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AGES 9-12 MONTHS

Social and Emotional Development Begins Early

YOUR BABY MAY



BFGIN TO EVELOP BE **SENSITIVE** TO OTHER **CHILDREN** AND REACT TO OTHER PEOPLE'S MOODS

SHOW CLEAR LIKES AND DISLIKES

PARENTS MAY NOTICE THEIR BABY

- Resisting help
- Clinging to parents or caregivers
- Refusing to do some things

GOOD IDEAS

TALK ABOUT FEELINGS WITH YOUR BABY

OFFER YOUR BABY CHOICES





BUILD PLAYFULNESS INTO ROUTINES

SEEK SOCIAL SUPPORT FROM FRIENDS AND FAMILY

GIVE CLEAR INSTRUCTIONS TO YOUR BABY AND PRAISE THEM FOR DOING WHAT YOU ASKED





AGES 12-15 MONTHS

Social and Emotional Development Begins Early

YOUR TODDLER MAY



BEGIN DEVELOPING EMPATHY BEGIN USING SOME REAL WORDS THINGS AND PEOPLE

PARENTS MAY NOTICE THEIR TODDLER

- Showing frustration
- Clinging to parents or caregivers
- Being a picky eater
- Having tantrum behaviors

GOOD IDEAS

ENCOURAGE EXPLORATION WHILE YOU ARE NEARBY

TAKE CARE OF YOURSELF TOO

SHOW LOTS OF POSITIVE © ATTENTION AND EMPATHY

READ TO YOUR TODDLER AND TALK ABOUT THE STORY AND CHARACTERS





AGES 15-18 MONTHS

Social and Emotional Development Begins Early

YOUR TODDLER MAY

WORDS EVERYDAY





NEED HELP TO BEGIN **LEARNING** SELF-CONTROL

PARENTS MAY NOTICE THEIR TODDLER

- Showing uneven development
- Expressing frustration
- Making messes

GOOD IDEAS

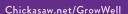
TURN YOUR TODDLER'S PHRASES INTO SENTENCES

PUT YOUR TODDLER'S FEELINGS INTO WORDS

PLAY PRETEND WITH YOUR TODDLER

TALK WITH OTHERS ABOUT THE CHALLENGES AND JOYS OF PARENTING A TODDLER







AGES 18-21 MONTHS

Social and Emotional Development Begins Early

"YOUR TODDLER MAY"

DO SIMPLE
PRETEND PLAY
LIKE SWEEPING
OR TALKING
ON THE PHONE



BEGIN
DEVELOPING
SELF-AWARENESS,
SO THEY WILL SAY
"ME" OR "MINE" MORE

PARENTS MAY NOTICE THEIR TODDLER

- Having difficulty sharing
- Showing tantrum behaviors
- Changing food preferences and appetite

---GOOD IDEAS

PLAY SHARING AND TURN-TAKING GAMES THAT ARE FUN

REDIRECTION TO AVOID DISPUTES

GIVE YOUR TODDLER
TIME TO FIGURE OUT A
PROBLEM ON THEIR OWN

PRAISE YOUR TODDLER'S EFFORTS, NOT JUST WHETHER THEY SUCCEED

TALK ABOUT MOVING FROM ONE ACTIVITY TO THE NEXT DURING YOUR DAILY ROUTINES



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AGES 21-24 MONTHS

Social and Emotional Development Begins Early

YOUR TODDLER MAY



IMAGINATIVE
PLAY AND PLAYING
WITH OTHER
CHILDREN

BEGIN TO UNDERSTAND
THAT OTHER PEOPLE'S
THOUGHTS AND
FEELINGS
MAY BE DIFFERENT
FROM THEIR OWN



GO BACK AND FORTH
BETWEEN WANTING
INDEPENDENCE
AND NEEDING HELP

BE ABLE TO FOLLOW SIMPLE INSTRUCTIONS



PARENTS MAY NOTICE THEIR TODDLER

- Showing defiant behavior that is part of becoming more independent
- Using aggressive behaviors (biting, hitting)

GOOD IDEAS

GIVE YOUR TODDLER
JUST ENOUGH HELP
TO MASTER TASKS WITHOUT
BECOMING OVERLY FRUSTRATED

KINDLY SUGGEST WAYS
FOR YOUR TODDLER TO
DEAL WITH FEELINGS

MODEL GOOD MANNERS



OFFER CHOICES
TO HELP COPE
WITH FEELINGS



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AGES 24-30 MONTHS

Social and Emotional Development Begins Early

----YOUR TODDLER M

BEGIN SHOWING MORE PATIENCE





START TO INCLUDE FEELINGS IN PRETEND PLAY





NEGATIVE EMOTIONS

PARENTS MAY NOTICE THEIR TODDLER

- Having difficulty sharing
- Displaying strong feelings and experiencing difficulty expressing them
- Wanting their own way much of the time

GOOD IDEAS

SHARE QUIET TIMES

BY **READING**, TELLING STORIES OR CUDDLING

PROVIDE WARNING BEFORE YOU INTERRUPT PLAY

ENCOURAGE PRETEND PLAY TO PRACTICE **EMOTIONAL RESPONSES** GIVE LOTS OF PRAISE FOR **POSITIVE** BEHAVIORS





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AGES 30-36 MONTHS

Social and Emotional Development Begins Early

YOUR TODDLER MAY

RECOGNIZE AND EXPRESS EMOTIONS







PARENTS MAY NOTICE THEIR TODDLER

- Being protective of possessions
- Developing new fears
- Being constantly active
- Becoming interested in toilet training

GOOD IDEAS

HELP YOUR TODDLER
EXPRESS FEELINGS IN
AGE-APPROPRIATE WAYS

TODDLER'S FRUSTRATION

AND OTHER NEGATIVE EMOTIONS



GUIDE YOUR TODDLER
IN PROBLEM-SOLVING AND
THINKING THROUGH SOLUTIONS





AGES 3-4 YEARS

Social and Emotional Development Begins Early

YOUR PRESCHOOLER MAY

SHOW AFFECTION FOR FAMILIAR FAMILY AND FRIENDS



PLAY, ACTING OUT WHOLE SCENES





SHARE TOYS And take turns With Your Help



FOLLOW SIMPLE
RULES IN GAMES
BUT WILL USUALLY
WANT TO WIN

PARENTS MAY NOTICE THEIR PRESCHOOLER

- Expressing demanding or defiant behavior
- Showing curiosity about body parts
- "Tricking" others to be funny
- Learning to toilet train, accidents are common

GOOD IDEAS

PLAY AND TALK
WITH YOUR
PRESCHOOLER OFTEN

USE SIMPLE BOARD AND CARD GAMES TO LEARN TO TAKE TURNS

PROVIDE CHOICES FOR YOUR CHILD, BUT GIVE THEM ONLY TWO OPTIONS

SPENDTIME DOING
ACTIVITIES
WITH OTHER FAMILIES



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AGES 4-5 YEARS

Social and Emotional Development Begins Early

YOUR CHILD MAY



STICK WITH A DIFFICULT TASK FOR A LONGER PERIOD OF TIME



BEGIN TO UNDERSTAND EXPECTED BEHAVIORS BECOME BETTER AT SHARING ANDTAKINGTURNS



PARENTS MAY NOTICE THEIR CHILD

- Focusing on pleasing others and acting like friends
- Exhibiting noisy, boasting or "over the top" behaviors
- Tattling
- Displaying anxiety or worry about starting school

GOOD IDEAS

TALK WITH YOUR CHILD ABOUT THEIR OWN AND OTHER PEOPLE'S FEELINGS PRAISE YOUR CHILD'S SPECIAL QUALITIES

TALK WITH OTHER PARENTS
ABOUT YOUR FAMILY'S ADJUSTMENT TO SCHOOL





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AGES 5-6 YEARS

Social and Emotional Development Begins Early

YOUR CHILD MAY

PLAYAND WORK
TO GETHER
WITH OTHERS TO
ACHIEVE
ACOMMON GOAL

ENJOY PLAYING WITH OTHERS MORE THAN ALONE



DEVELOP CONFIDENCE BY MAKING SMALL DECISIONS, SUCH AS WHAT TO WEAR

OR WHAT TO WEAR OR WHAT TO EAT FOR LUNCH



DEMONSTRATE THE ABILITY TO REASON AT BASIC LEVELS

PARENTS MAY NOTICE THEIR CHILD

- Adjusting to school routines and being more tired or irritable at home
- Experiencing increased fears or anxieties, sometimes with extra stomachaches or headaches
- Showing inconsistent behavior, sometimes acting "little" and sometimes acting like a "big" kid

GOOD IDEAS

TALK WITH YOUR CHILD ABOUT HOW TO SEE AND RESPECT OTHER POINTS OF VIEW

GIVE YOUR CHILD SMALL



TASKS AND CHORES
TO COMPLETE

BE SUPPORTIVE AND ENCOURAGING



YOUR CHILD WAS LITTLE AND YOUR OWN



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AGES 6-7 YEARS

Social and Emotional Development Begins Early

YOUR CHILD MAY

UNDERSTAND
THEIR OWN FEELINGS
BETTER AND USE
MORE WORDS TO
DESCRIBE THEM



BEGIN FORMING SMALL FRIEND **GROUPS** UNDERSTAND THE CONSEQUENCES OF THEIR ACTIONS AND COMFORT OTHER CHILDREN

PARENTS MAY NOTICE THEIR CHILD

- Exhibiting impulsivity
- Showing sensitivity
- ▶ Trying to fit in at school

GOOD IDEAS

MODEL GOOD SELF-REGULATION AND PRAISE YOUR CHILD'S EFFORTS

PLAY AND HAVE FUN CONVERSATIONS WITH YOUR CHILD DAILY

CONSISTENTLY USE POSITIVE DISCIPLINE STRATEGIES

SELECT AT LEAST ONE
GRATITUDE PRACTICE
FOR YOUR FAMILY TO USE DAILY



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AGES 7-8 YEARS

Social and Emotional Development Begins Early

YOUR CHILD MAY

HELP WITH CHORES AT HOME





DEVELOP THEIR SENSE OF

HUMOR

START TO USE SELF-CALMING STRATEGIES

SUCH AS REPEATING PHRASES OR TAKING

DEEP BREATHS

PARENTS MAY NOTICE THEIR CHILD

- Being bullied or bullying others
- ▶ Wanting to be good at everything
- Possessing better management of emotions in public than at home

GOOD IDEAS

PROVIDE BRAIN TEASERS
AND MORE LOGIC GAMES
FOR YOUR CHILD

SCHEDULE PLAY OPPORTUNITIES
FOR YOUR CHILD AND
GET TO KNOW THEIR
FRIENDS' FAMILIES



EXPRESS EMOTIONS, ESPECIALLY WHEN YOU THINK THEY ARE STRUGGLING WITH NEGATIVE EMOTIONS



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