



Infants and Toddlers: Social-Emotional Well-Being

Behaviors that Indicate Social/Emotional Well-Being May Be At Risk

- Displays very little emotion
- Does not show interest in sights, sounds, or touch
- Pushes away from or avoids being touched or held
- Does not show interest in playing with adults or other children
- Is unusually difficult to soothe or console
- Is unable to comfort or calm self
- Is extremely fearful or on-guard
- Does not seek comfort from familiar adults
- Exhibits sudden behavior changes
- Clings to strangers

How to Promote Social and Emotional Well-Being

- Be familiar with the stages of social and emotional development.
- Talk with children about their feelings.
- Smile and laugh often.
- Encourage play and friendship among children.
- Respect the cultures of the children you work with.
- Help children learn to respect the feelings of others.
- Use positive guidance methods, such as listening, redirecting, and praising.
- Teach children how to handle conflicts. Do not harm, threaten, or shame.

For more information on Social and Emotional Well Being, check out Florida's **Grow to 5** modules, which are available **FREE** to anyone working with young children birth to five years of age. These comprehensive, easy-to-read modules provide training information and resources on a wide variety of early childhood topics, including childhood development, the education and care-giving environment, behavior management, special needs, working with families and transition.

Contact FDLRS/NEFEC Child Find at 1-800-227-6036 for information about training and/or ordering copies of the **Grow to 5** series, which are available free from the BEESS Clearinghouse Information Center. For a complete listing of the **Grow to 5** modules, go to www.firn.edu/doe/bin00014/clerhome.htm. Modules are available in English, Spanish and Haitian-Creole.