

A Parent Guide to

# Social and Emotional Development

for Ages 0 - 1


# What Is This Guide?

What do we mean by Social and Emotional Development? In the Early Years Foundation Stage framework (known as EYFS), there are some expectations laid out for how children generally develop in the ways they manage their own feelings and behaviours and respond to routines. You can use this guide to help you understand what that development might look like for your child and how you can help them.


This guide breaks down the EYFS framework into simple sections and statements, providing you with explanations of what communication and language might look like for your child at this stage of their learning. Each area has ideas for supporting your child with fun and engaging activities, whether they are responding to the emotions and expressions of others or learning to soothe themselves.

Rather than a list of must-do activities, you can dip in and out of these prompts and ideas based on your child's current interests and appropriate stage of development.


You can visit the **parent section** of the Twinkl site for even more resources to support your child in physical development, as well as all other areas of learning. You can either search for keywords used in this guide or explore more in the Early Years section.




In the early years framework, this area is known as Personal, Social and Emotional Development (PSED). It's one of the largest sections for children aged 0 - 1 years because it is one of the most important. In your child's first year, they will learn vast amounts about how to interact with others in social ways, about their own bodies and personalities and about boundaries.



There aren't many activities (and certainly no worksheets) for you to do with your baby around this area of their development - the important thing is to be caring, cuddly and clear. Spend some one-on-one time with your child and observe how their personalities grow.



The three areas of PSED are **making relationships, self-confidence and self-awareness and managing feelings and behaviour**. Each of these will come together to develop your child and help them in later life.



Read this guide for practical ideas and advice on how you can further support your child at home within the different aspects of PSED.

# Making Relationships

In your child's first year, one of the most vital areas of their development will be the forming of strong bonds and relationships. While this may seem like an obvious and natural area to focus on, many parents don't know that it is a prime area of the early years framework, meaning that these social skills come before most other skills. This section covers how your baby interacts with others.

## At 0 - 1 years old, your child may be working towards...

## To support this, you could...

enjoying the company of others and seeking contact with others.

tune in sensitively to your baby and provide warm, loving, consistent care by responding quickly to their needs; you can particularly watch for their gaze or listen for crying or gurgling sounds.

gazing at faces and copying facial movements.

make silly and exaggerated expressions, e.g. sticking out tongue, opening mouth and widening eyes; notice when your baby turns away, signalling their need for less stimulation.

responding when talked to, for example, moves arms and legs, changes facial expression, moves body and makes mouth movements.

follow your baby's lead by repeating vocalisations, mirroring movements and showing your baby that you are 'listening' fully.

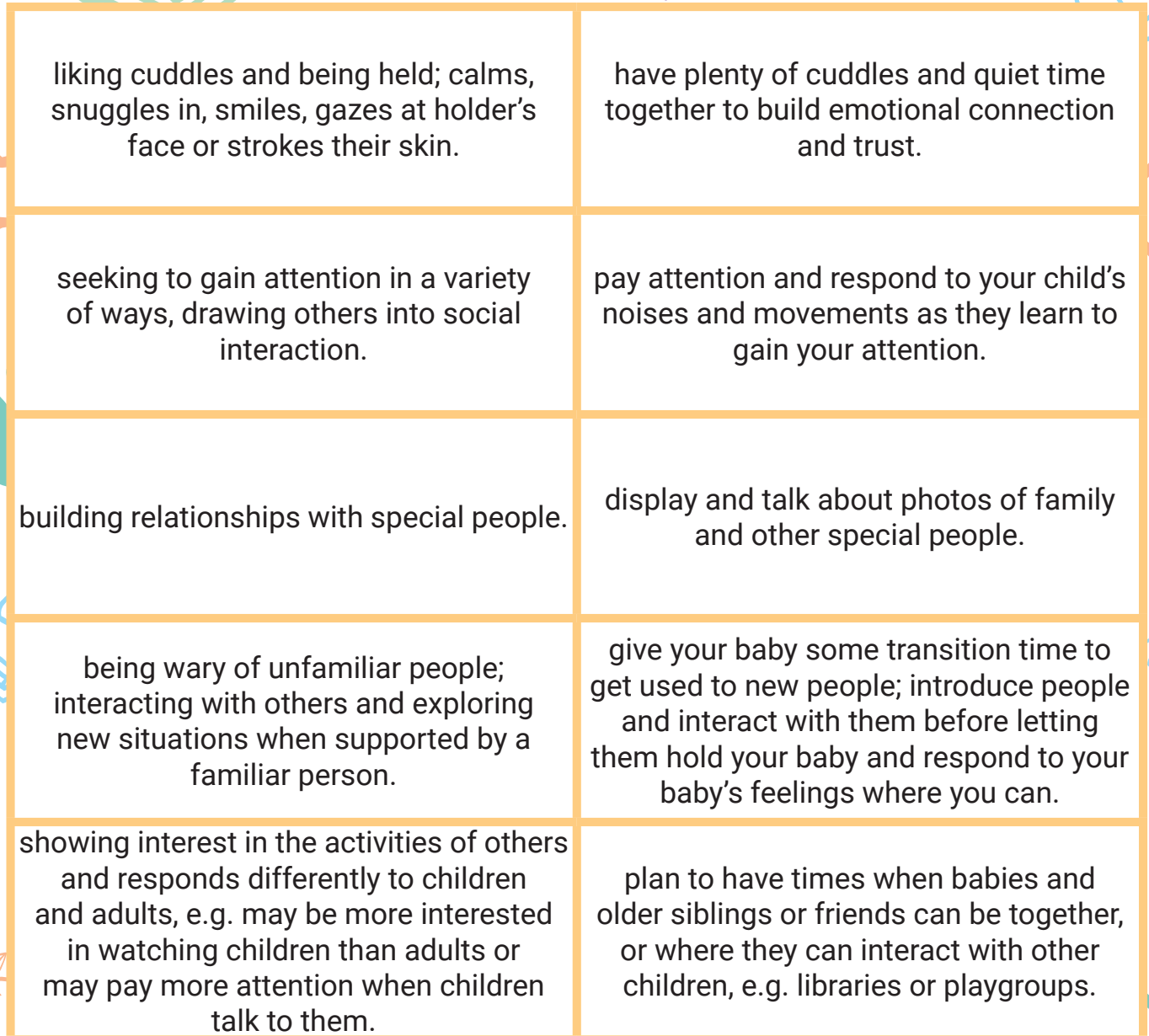
recognising and responding to familiar and special people's voices; their face brightens and activity increases when familiar people appear.

call out and talk to your baby when you're not holding them or are doing other activities to reassure them that you're close by.

responding to what familiar people are paying attention to, e.g. by following their gaze.

use simple language, emotional tone and hand gestures (e.g. pointing) to point things out to your child.

# Making Relationships



liking cuddles and being held; calms, snuggles in, smiles, gazes at holder's face or strokes their skin.	have plenty of cuddles and quiet time together to build emotional connection and trust.
seeking to gain attention in a variety of ways, drawing others into social interaction.	pay attention and respond to your child's noises and movements as they learn to gain your attention.
building relationships with special people.	display and talk about photos of family and other special people.
being wary of unfamiliar people; interacting with others and exploring new situations when supported by a familiar person.	give your baby some transition time to get used to new people; introduce people and interact with them before letting them hold your baby and respond to your baby's feelings where you can.
showing interest in the activities of others and responds differently to children and adults, e.g. may be more interested in watching children than adults or may pay more attention when children talk to them.	plan to have times when babies and older siblings or friends can be together, or where they can interact with other children, e.g. libraries or playgroups.

# Making Relationships



How is your little one progressing with their making relationships?



We Are All Different eBook



Regular cuddles and quiet times will help your baby to feel secure and confident in their special family members and friends. Why not read a book to your little one or have a singing time sitting on laps?

Why not organise a playdate or invite one of your friends over? Babies enjoy the company of other children (their own age or older), but also enjoy the company of other adults, meaning you'll get time to socialise too.



Who are the special people in your baby's life? Talk about their (and your) family and friends often. You could fill in a family tree with photos or make artwork with their special people's hand or fingerprints in a lovely shape, such as a heart or flower.

Have any moments stood out to you as a special memory?



# Self-Confidence and Self-Awareness

This area of development is underpinned by your baby's growing sense of self; can they keep eye contact? Can they find their own facial features and body parts during fun games? Are they beginning to understand how their voice and actions get a response? As children learn more about themselves and how they affect others, their confidence grows too.

At 0 - 1 years old, your child may be working towards...

To support this, you could...

laughing and gurgling, e.g. showing pleasure at being tickled and other physical interactions.

respond to and build on your baby's expressions, actions, and gestures, as babies will repeat actions that get a positive response from you.

using voice, gesture, eye contact and facial expression to make contact with people and keep their attention.

devote uninterrupted time to play with your baby when they are ready to engage, being attentive and fully focused.

enjoying finding their own nose, eyes or tummy as part of naming games.

playfully help your baby to recognise that they are separate and different from others, e.g. pointing to your own and their nose, eyes, fingers or using mirrors to see themselves.

learning that their own voice and actions have effects on others.

give opportunities for your baby to have choice, where possible, e.g. different vegetables or fruits at snack time or different toys.

using pointing with eye gaze to make requests and to share an interest.

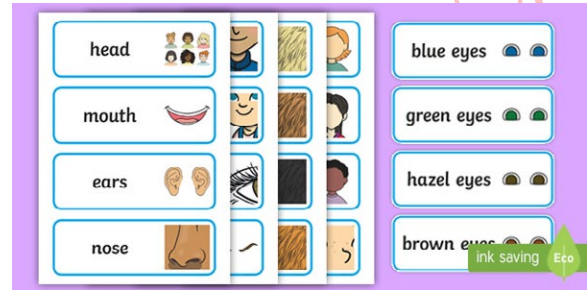
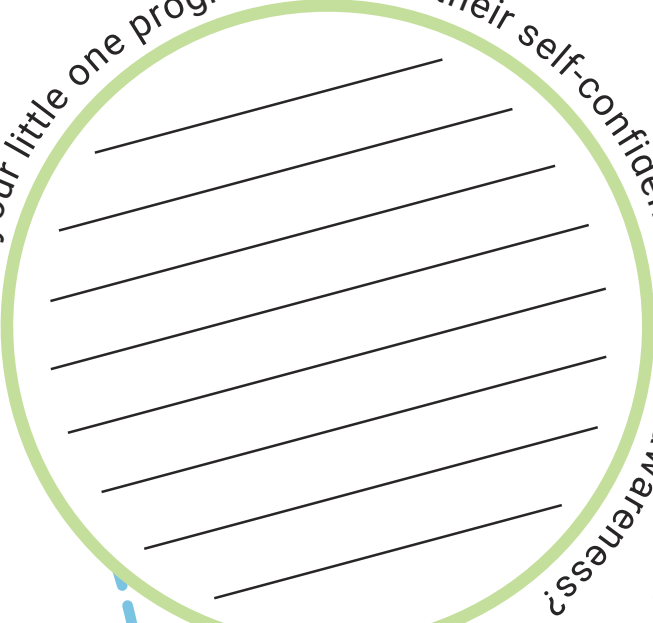
follow your baby's lead as they explore their surroundings and people.

engaging another person to help achieve a goal, e.g. to get an object that is out of reach.

talk to babies about problems they encounter, such as how to get their sock back from where it has fallen; ask whether they can do it or if they might need help.

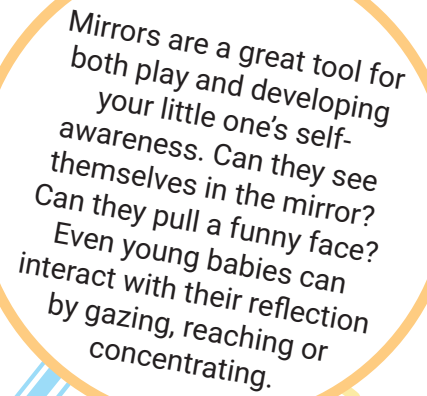
# Self-Confidence and Self-Awareness

How is your little one progressing with their self-confidence and self-awareness?

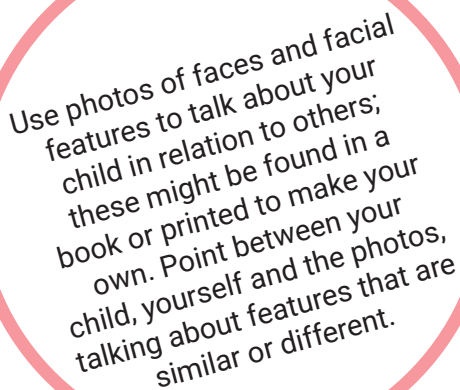


My Face Word Cards

Mirrors are a great tool for both play and developing your little one's self-awareness. Can they see themselves in the mirror? Can they pull a funny face? Even young babies can interact with their reflection by gazing, reaching or concentrating.



Use photos of faces and facial features to talk about your child in relation to others; these might be found in a book or printed to make your own. Point between your child, yourself and the photos, talking about features that are similar or different.



Have any moments stood out to you as a special memory?



# Managing Feelings and Behaviour


Emotional wellbeing is an important aspect of childhood development; the emotional skills your child learns in their early years will shape the person they become. These skills range from empathy (having some response to others' facial expressions or feelings) to calming when being soothed or being able to soothe themselves. These areas can, of course, be worked on but most will develop naturally as your little one learns.

At 0 - 1 years old, your child may be working towards...	To support this, you could...
being comforted by touch and people's faces and voices.	use calming processes such as rocking or hugging.
seeking physical and emotional comfort by snuggling in to trusted adults.	learn lullabies and soft songs to use when calming your baby.
calming from being upset when held, rocked, spoken or sung to with soothing voice.	have a cosy, quiet place for your baby to be calm.
showing a range of emotions, e.g. pleasure, fear and excitement.	respond to your little one's emotions by narrating what's happening and how they appear to be feeling, supplying them with vocabulary for different emotions.

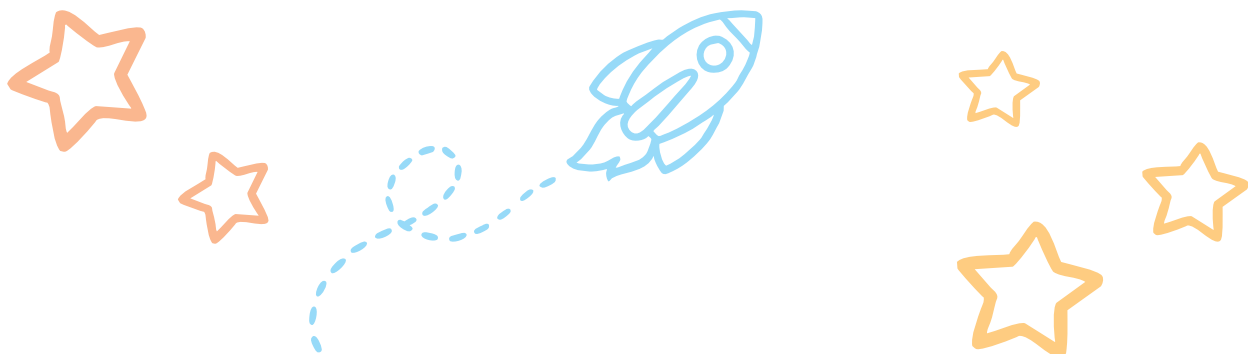




# Managing Feelings and Behaviour



reacting emotionally to other people's emotions, e.g. smiling when smiled at and becoming distressed when another child cries.	introduce picture books and songs that focus on a range of emotions.
using a familiar adult to share feelings (such as excitement or pleasure) and for 'emotional refuelling' when feeling tired, stressed or frustrated.	be close by and provide a secure presence and a refuge at times when your child may be feeling anxious.
growing the ability to soothe themselves, e.g. may like to use a comfort object.	use a comfort object (e.g. dummy, blanket, teddy) where needed.
cooperating with caregiving experiences, e.g. dressing.	praise your baby when they're cooperative during routines like nappy changes, bath time or meal times.
beginning to understand 'yes', 'no' and some boundaries.	give your baby clear, simple and consistent boundaries and be prepared to repeat as needed.



# Managing Feelings and Behaviour



How is your little one progressing with managing their feelings and behaviour?

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Emotions Photos Pack

Familiar routines are important for children from birth right up to their teen years, as knowing what to expect brings a sense of stability and comfort. This includes not just the times of day for activities and tasks but also how they're completed (e.g. always eating lunch at the table).

Labelling and modelling emotions can be a helpful learning experience and can even be made into a fun game! Start with simple emotions (happy, sad, tired, scared, excited, etc.) by pulling the face and describing each one, e.g. 'I'm feeling happy! Look, I'm smiling.' You might find a mirror is a fun addition to this activity.



Have any moments stood out to you as a special memory?

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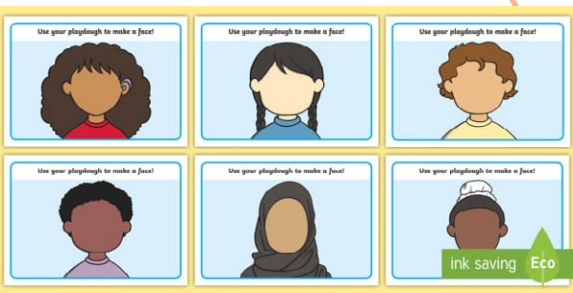
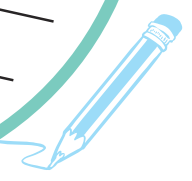
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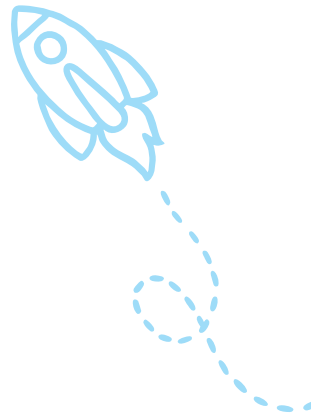
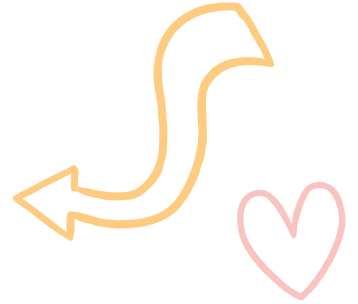


Face Playdough Mats

Journal nice moments  
or record key  
dates here:




A large green-lined notebook page with a scalloped top edge, intended for journaling nice moments or key dates.



Stick a photo of your child here:




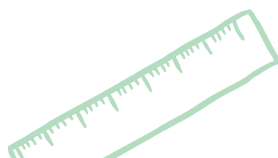

# Explore and Discover More



Twinkl Go! is a digital platform, hosting interactive content such as videos, games, audiobooks and more. Twinkl Go! enables digital content to be streamed to your computer or mobile device.





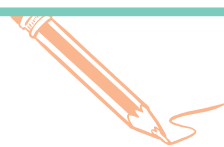
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Go!



Twinkl Kids' TV is our wonderful YouTube channel dedicated to fun and informative video-style resources full of new and creative activities you can try at home!



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KIDS' TV



Twinkl Originals are engaging stories written to inspire children from EYFS to KS2. Designed to encourage a love of reading and help curriculum-wide learning through accompanying resources.



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ORIGINALS

## Disclaimer

Children develop rapidly in their first five years, more so than any other period of their young lives. Although these guides have been divided by age band, we recognise that all children develop at different rates; this guide should not be used as a tick list of exactly what your child should be able to do at this age, but rather as an indicator of what they may be working towards.