

## Emotional Development

Age	Typically Can A child typically can . . .	Emerging Skills A child with emerging skills typically . . .
<b>0–6 months</b>	<ul style="list-style-type: none"> <li>• express many emotions: sadness, anger, happiness, and excitement</li> <li>• examine parent or caregiver and touch the adult's face as if memorizing it</li> <li>• show mood changes that tend to be rapid</li> </ul>	<ul style="list-style-type: none"> <li>• has a special toy that always goes to bed with the child</li> <li>• sleeps for longer periods at night</li> </ul>
<b>6–18 months</b>	<ul style="list-style-type: none"> <li>• be very curious and get into things</li> <li>• have own opinions</li> <li>• be reluctant to change</li> <li>• be subject to mood swings and tantrums</li> </ul>	<ul style="list-style-type: none"> <li>• concentrates on a task for some time</li> <li>• shows concern for others</li> </ul>
<b>1.5–2.5 years</b>	<ul style="list-style-type: none"> <li>• be away from parents for a short time without being too upset</li> <li>• demand own way for much of the time</li> <li>• be attached to a favourite toy</li> <li>• be unhappy about changes in routine</li> </ul>	<ul style="list-style-type: none"> <li>• learns to listen to and follow simple directions</li> <li>• names several emotions and identifies them in others</li> </ul>
<b>2.5–3.5 years</b>	<ul style="list-style-type: none"> <li>• see things from another person's perspective</li> <li>• control aggression and tantrums at least part of the time</li> <li>• be less upset by limits and discipline</li> <li>• understand and follow simple rules</li> <li>• be settled more easily after nightmares</li> <li>• sleep through the night</li> </ul>	<ul style="list-style-type: none"> <li>• is much more even-tempered and cooperative with parents and caregivers</li> <li>• keeps room and toys in order</li> <li>• continually grows in independence and self-esteem</li> <li>• expands pretend play into rich, connected themes</li> <li>• uses pretend play to gain control of frustrating and frightening experiences</li> <li>• plays out adult roles</li> </ul>
<b>3.5–4.5 years</b>	<ul style="list-style-type: none"> <li>• control frustration and anger much better</li> <li>• experience positive self-esteem and feel good about himself or herself and what he or she does</li> <li>• talk about feelings such as hunger, tiredness, or illness</li> <li>• comply with requests from parents or caregivers more often</li> <li>• concentrate for up to 20 minutes</li> <li>• show interest and feelings for family</li> <li>• persevere on a difficult task</li> </ul>	<ul style="list-style-type: none"> <li>• shows desire to fit into routines</li> <li>• carries out small tasks to fit into family and become responsible</li> <li>• shows self-reflection (e.g., "What I said isn't nice.")</li> <li>• has positive and negative opinions about other people</li> </ul>

<b>4.5–5.5 years</b>	<ul style="list-style-type: none"> <li>• be creative and enjoy being busy making things</li> <li>• exhibit more confidence and self-assurance</li> <li>• accept authority, ask permission, and respect rules</li> <li>• begin to feel shame and guilt if she or he has disobeyed</li> <li>• enjoy giggling and telling jokes and riddles</li> <li>• be aware of rules and tells others</li> <li>• integrate negative and positive views about himself or herself and others</li> </ul>	<ul style="list-style-type: none"> <li>• develops habits and mannerisms: biting nails, pulling clothes, winking, and so on</li> <li>• has an imaginary friend</li> </ul>
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