

SOCIAL / EMOTIONAL DEVELOPMENT

WHY RELATIONSHIPS MATTER

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- Module I: Social-Emotional Growth and Socialization
- Adapted from the work of Kadija Johnston, LCSW and Charles Brinamen, PysD.

TODAY'S TASKS

- Discuss causes of Children's Behavior
- Link Social / Emotional Development to Behavior
- Refocus on Healthy Social / Emotional Development

UNDERSTANDING SOCIAL / EMOTIONAL DEVELOPMENT

- How do we define social / emotional development?
- What are indicators of the presence of emotional / social well-being?
- What contributes to social / emotional development going well?

SOCIAL / EMOTIONAL DEVELOPMENT DEFINED

- The thoughts, feelings, and expectations one develops about self.
- The thoughts, feelings, and expectations one develops toward others and the world.

INDICATORS OF HEALTH

- The capacity to trust.
- The capacity to relate.
- The capacity to take pleasure in ourselves and others.
- The capacity to feel effective and the ability to expect this.

THREE COMMONALITIES

- The sense of self / other starts to develop from the beginning.
- Initially, these views of self and other are developed in relationships.
- Accumulated experiences develop into a lens of expectation. We perceive what we expect to receive.

DEVELOPMENTAL CONTRIBUTORS

- The quality of early relational experiences.
- Both infant and adult are active contributors.
- The infant is more greatly influenced by the quality of the relationship because he has no other experience with which to compare it.

CAPACITIES FOR RELATEDNESS

- Infants actively seek stimulation.
- Babies' favorite stimuli are all that is human.
- Babies have the ability to discriminate.
- Infants develop expectations and preferences based on how they are treated.

WHAT IS BEING CONVEYED?

Adapting to the infant's cues supports his ability to:

- Express intention.
- Back and forth interactions.
- Communicate verbally.
- Develop a sense of effectiveness.
- Internalize a benign view of the world.

STAGES OF EMOTIONAL DEVELOPMENT

▪ Regulation and Interest in the World	0 months +
▪ Engagement	4 months +
▪ Purposeful Communication	8 months +
▪ Social Problem Solving	10 months +
▪ Emotional Ideas	18 months +
▪ Building Bridges Between Ideas	30 months +

Emotional Development in Infants and Toddlers. Greenspan, S. A Guide to Social-Emotional Growth and Socialization. 2nd Ed. PITC, CA Dept. of Ed. & West Ed. 2011

CAREGIVER'S CONTRIBUTIONS

- Physical / psychological well-being
- Presence / absence of support
- Personal history
- Temperament
- Socioeconomic status
- Goodness of fit
