

ECC

Areas of Early Learning and Development



Social & Emotional Development

Understanding yourself, your feelings and how to play with other people



What adults can do...

Encourage

- Caring
- Affection
- Relationships
- Safety and Security

Infants and Toddlers

Spend time holding, talking and playing with your baby. Caring contact builds a strong relationship.

Comfort your baby when he cries. This helps your baby feel secure and learn how to calm down.

Talk about your baby's actions, feelings and body. This will help your baby learn about themselves.

Have family routines. Routines help babies feel safe.

Preschoolers

Let your child do some things on their own. Support them to do new things and solve problems.

Talk to your child about feelings. Help them find ways to calm themselves.

Help your child understand routines. Be sure to say goodbye when you leave your child.

Make time to play with other children. Go to the park, have playdates or join a playgroup.

