



## SOCIAL-EMOTIONAL BEHAVIOR DEVELOPMENT IN YOUNG CHILDREN

### **At 60 months (5 years) . . .**

- Your child likes to play best with one or two other children at a time.
- He likes to choose his own friends and may have a best friend.
- Your child now plays simple table games like Candy Land and Lotto.
- Your child likes to play in small groups at the park or at school and may play with most of the children in her class.
- He understands and can follow simple rules at home and at school.
- Your child is showing a variety of emotions. She may be jealous of other children at times, especially of a younger brother or sister who is getting attention.
- Your child is now very independent and likes to make his own choices about clothes, foods to eat, and activities.
- Your child is sensitive to other children's feelings and can identify feelings in others: "He's sad."
- Your child likes to talk with familiar adults and children.
- Your child understands how to take turns and share at home and at school, but she may not want to all of the time.
- Your child is beginning to understand the meaning of right and wrong. He doesn't always do what is right, though.
- Adult approval is very important to your child. Your child looks to adults for recognition and acknowledgment.
- Your child is showing some self-control in group situations and can wait for her turn or stand in a line.
- Your child is usually able to respond to requests such as "Use your quiet voice" or "Inside is for walking."
- Your child's attention span is increasing. He is able to focus his attention for a necessary length of time such as when directions are being given or when a story is being read.

## SOCIAL-EMOTIONAL ACTIVITIES FOR YOUNG CHILDREN 60 MONTHS OLD (5 YEARS OLD)

<p>Tell simple jokes and riddles. Your child will love it when you laugh at her jokes. The sillier, the better.</p>	<p>Gather old shirts, skirts, hats, and so forth from friends or a thrift store. Encourage dramatic play—acting out stories, songs, and scenes from the neighborhood.</p>	<p>Encourage your child to make choices as often as possible. Let him choose between two or three different shirts when dressing, or give choices of foods for lunch.</p>	<p>Most of the time, your child will feel good about doing small jobs around the house.* Give her a lot of praise when she does a good job, and tell her what a big help she is.</p>
<p>Your child may need some help resolving conflicts, especially with his friends. Let him know he should use his words but can come to you for help.</p>	<p>Make sure your child has plenty of rest and quiet and alone time when she needs it.</p>	<p>When your child has friends over, encourage them to play games that require working together. Building a tent out of old blankets or playing balls are examples.</p>	<p>Tell your child a favorite nursery rhyme that involves the idea of “right” and “wrong,” and discuss what kinds of choices the characters made in the story.</p>
<p>Let your child know how special she is. Give her a lot of love, praise, and hugs every day.</p>	<p>Show your child pictures cut out from magazines of people from different cultures. Talk about things that are the same or different between your family and other families.</p>	<p>Ask your child his birthday, telephone number, and first and last name. Practice what he would do if he got separated from you at the store.</p>	<p>Play games with your child. Board games or card games that have three or more rules are great. Go Fish, Checkers, or Candy Land are examples.</p>
<p>Have a special time for reading each day. Snuggle up and get close. Before bedtime is a great time to read together.</p>	<p>Using hand-drawn pictures or pictures cut out from a magazine, talk about real dangers (fire, guns, cars) and make-believe dangers (monsters under the bed, the dark).</p>	<p>Build a store, house, puppet stage, or fire truck out of old boxes. Your child can invite a friend over to play store or house, have a puppet show, or be firefighters.</p>	<p>Encourage your child to talk about the different rules at home and at school. Talk about why we have rules.</p>

\*Be sure to review safety guidelines with your health care provider at each new age level.