

The term *social-emotional development* refers to the developing capacity of the child from birth through five years of age to:

- ▶ form *close and secure* adult and peer *relationships*
- ▶ *experience, regulate, and express emotions* in socially and culturally appropriate ways and
- ▶ *explore* the environment and learn

...all in the context of *family, community, and culture*.

Caregivers promote healthy development by:

- ▶ working to *support* social-emotional *wellness* in all young children
- ▶ making every effort to *prevent* the occurrence or escalation of social-emotional *problems* in children at-risk
- ▶ identifying and working to *remediate problems* that surface, and
- ▶ when necessary, *referring* children and their families to *appropriate services*.



Definition adapted from Zero to Three 2019. <https://www.zerotothree.org/resource/how-to-talk-about-infant-and-early-childhood-mental-health/>