# What is SOCIAL & EMOTIONAL Development?



#### Social and emotional development refers to:

- how children start to understand who they are
- what they are feeling
- what to expect when interacting with others

### It is the development of being able to:

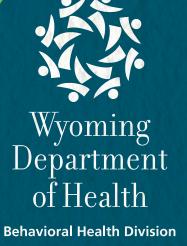
- form and sustain positive relationships
- experience, manage, and express emotions
- explore and engage with the environment



## Social and emotional development influences a child's:



- self-confidence
- empathy
- ability to develop meaningful and lasting friendships and partnerships
- sense of importance and value to those



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#### around them

Adapted from Help Me Grow MN

