

# 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 around them