Thinking About Social Emotional Development

Read through the definition below of social-emotional development offered by ZERO TO THREE, and then respond to the following questions.

Within the context of one’s family, community and cultural background, social and emotional health is the child’s developing capacity to:

- Form secure relationships
- Experience and regulate emotions
- Explore and learn

1. Is there one piece to this definition that seems most important to you? Why?

2. Consider your culture and how you were raised. How has your culture or the way you were raised influenced your views on social emotional development and how you interact with young children and their families?

3. What social skills do you value in yourself and others? How and when do you teach children these social skills?