

Emotional Maturity

Emotional skills are the development of a child's interactions with others and the recognition of their feelings in response to a situation. Emotion skills are when children start to understand who they are, what they are feeling and what to expect to receive from others. Examples of these skills at each stage of development are below:

3 Months-may cry, turn away or make faces when he/she does not like something, smiles when happy

6 Months-acts shy around strangers, gets attached to objects and people and cries when separated from them

9 Months-when unhappy may cry, kick, bang or throw things

12 Months-cooperates more, you can tell when he/she is happy, sad or angry

18 Months-cries when someone they love leaves, tantrums are normal to communicate feelings

2 to 3 Years-tries to please you, says "no" to try and control the situation, starts to communicate feelings verbally

3 to 4 Years-can be very social and talks a lot about personal experiences, begins to tell stories

4 to 5 Years-knows his/her emotions but may not know the words, starts to play well with others

Activities you can do with your child to promote Emotional Maturity Skills:

-Talk about feelings with your child and make faces in the mirror



-Before bed, talk about their best part of the day

-Show your child how to care for a plant or flower



-Use encouraging words and offer praise ("You did a great job with that puzzle!")

