

FOUR BASIC EMOTIONS

Happiness

First expressed through smiles and then laughs.

When an infant achieves a new skill, he smiles; when a caregiver smiles back, this encourages a supportive relationship.

- NEWBORNS smile when full, in response to touch, and a mother's voice.
- 6-10 WEEKS parent communication can evoke the SOCIAL SMILE.
- 3-4 MONTHS laughter appears because of faster processing of information.
- 10-12 MONTHS results in a variety of smiles, varying by context.

Anger and Sadness

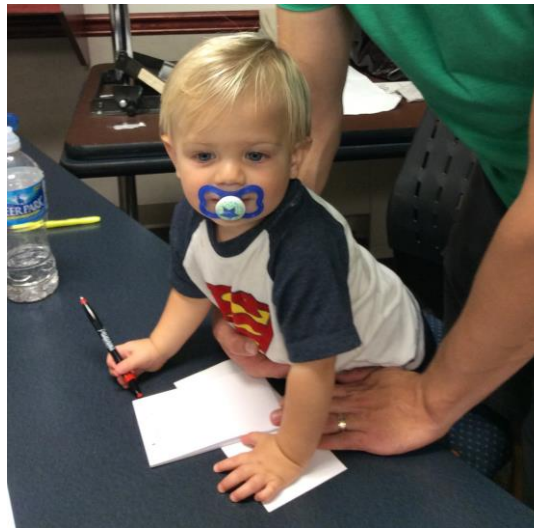
Newborns express discomfort from unpleasant experiences such as hunger, pain, body temperature, and stimulation.

- 4-6 MONTHS to AGE 2 angry expressions increase.
- Will show anger when an interesting object is removed, they are put down for a nap, or their caregiver leaves.
- Sadness will also occur in response to pain, removal of an object, and separation.
- A still-faced expression is noted during a period of sadness.

Fear

Fear rises during the second half of the first year.

- Stranger anxiety develops when they are exposed to an unfamiliar adult.
- Temperament and past experiences will impact reaction and expression of fear.



SOCIAL & EMOTIONAL LEARNING

**“BASIC EMOTIONS – HAPPINESS,
INTEREST, SURPRISE, FEAR, ANGER,
SADNESS, AND DISGUST- ARE
UNIVERSAL IN HUMANS.
GRADUALLY, EMOTIONAL
EXPRESSIONS BECOME WELL-
ORGANIZED AND SPECIFIC.”**

BERK, 2016

Thank you to the following for their support:
Local School Districts and Early Learning Centers
Wellspring Ephrata Community Hospital
Penn Medicine Lancaster General Hospital
Community Impact Partnerships
Lancaster United Way
Popovsky Performing Arts Studio

.....

Key Social and Emotional

Milestones

***Remember, children develop at their own pace.*

Birth to 2 Months

- May calm himself (suck on hand)
- Eye contact
- Begins to smile

4 Months

- Smiles Spontaneously
- Interacts, might cry when interaction stops
- Copies faces

6 Months

- Reacts positively to familiar faces and may fear strangers
- Likes to play with others, especially parents
- Responds to name

Adapted from:

<https://www2.ed.gov/about/inits/ed/earlylearning/talk-read-sing/feelings-milestones.pdf>

Over the course of the first few years, babies strive to create bonds and establish perceptions of safety. They will not be aware of their emotions, but later these developing emotions will help them make decisions. Parental attention is craved by babies. They will cry as a way to communicate their emotions when they are frightened, hungry, overstimulated, and lonely.

~John Medina, 2014

All babies are different. Some are difficult to soothe and some are always serious. Baby's behavior is shaped by her experiences, and her temperament as well. Temperament is the set of traits your child displays. They are apparent at birth, and stay with a person through life.

~Jill Stamm, 2007

Bright from the Start

Key Social and Emotional

Milestones

***Remember, children develop at their own pace.*

12 Months

- May fear new situations
- Repeats sounds to get attention
- Dislike help- showing independence
- Follows simple directions

18 Months

- May need help while having tantrums
- Loves exploration with parent close by
- Imitation/pretend play
- Engages with caregiver

2 Years

- Copies adults and older children
- More Independent/Defiant
- Parallel Play
- Follows simple directions

Adapted from:

<https://www2.ed.gov/about/inits/ed/earlylearning/talk-read-sing/feelings-milestones.pdf>

Babies gain social information by examining the face. Baby brains need interaction with humans. They long to hear human speech.

~John Medina, 2014