

# Emotional Health Milestones

## 0-7 Months

- Enjoys social play and interactions (peek-a-boo, etc.)
- Cries to show discomfort or fatigue
- Starts to show interest in other kids
- Reacts differently to smiling and scolding
- Established eye contact with caregivers

## 8-12 Months (1 yr.)

- Uses simple gestures (Waving, etc.)
- May reject confinement in crib or play-pen
- Prefers to be with people
- Performs for social attention

## 13-18 Months (1.5 yrs.)

- Do simple pretend play (talk on a toy phone)
- Looks at an object when you point at it and tell them to “look!”
- Throws tantrums (and objects) when angry
- Shows affection toward people, pets or possessions

## 19-24 Months (2 yrs.)

- Become more interested in other children
- Grows possessive of toys and has difficulty sharing
- Communicates feelings, desires and interests
- Responds to adult praise and rewards

## 25-36 Months (3 yrs.)

- Imitate adults and playmates (phrases, actions, etc.)
- Understand authority, but tests it
- Greets familiar adults spontaneously
- Expresses affection toward/liking for peers

## 37-48 Months (4 yrs.)

- Follow 3-step commands (wash your face, get dressed and comb your hair)
- Becomes more sociable and cooperative with other children
- Learns to be more sensitive to your feelings
- Will try to comfort you when you're sad