

AGES 0-3 MONTHS

Social and Emotional Development Begins Early

YOUR BABY MAY

NEED CONSTANT
CARE AND
ATTENTION



SMILE WHEN
OTHERS
SMILE AT THEM

.....
RECOGNIZE
PARENTS' VOICES
AND RESPOND
POSITIVELY
TO TOUCH
.....

ENJOY VISUAL
STIMULATION
AND STUDY FACES



PARENTS
MAY NOTICE
THEIR BABY

- ▶ Crying a lot, or for long periods of time
- ▶ Changing sleeping patterns
- ▶ Having different feeding patterns when growing
- ▶ Adapting to new routines

GOOD IDEAS

TAKE CARE OF YOURSELF
DRINK PLENTY OF WATER,
SLEEP AND RELAX

ENJOY THIS TIME
WITH YOUR BABY



.....
REACH OUT
FOR SUPPORT

BE PATIENT ABOUT
LEARNING
NEW ROUTINES


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AGES 3-6 MONTHS

Social and Emotional Development Begins Early

YOUR BABY MAY



LAUGH,
ESPECIALLY
WITH OTHER
PEOPLE

BECOME MORE
SETTLED IN
ROUTINES

START USING
SOCIAL SMILES
AND SOCIAL
GESTURES

MIMIC YOUR
FACIAL
EXPRESSIONS



BEGIN TRYING
TO FIGURE OUT
HOW THINGS
MOVE OR WORK

**PARENTS
MAY NOTICE
THEIR BABY**

- ▶ Being fussy or having colic
- ▶ Having some anxiety toward strangers
- ▶ Becoming more active

GOOD IDEAS

INTERACT WITH
YOUR BABY
FREQUENTLY



SPEAK TO YOUR BABY,
USING WORDS TO
DESCRIBE THEIR FEELINGS

BE PATIENT AS YOU
AND YOUR FAMILY
CONTINUE
ADJUSTING TO CHANGES



COPY YOUR BABY'S
SOUNDS AND ACTIONS


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AGES 6-9 MONTHS

Social and Emotional Development Begins Early

YOUR BABY MAY

POINT TO THINGS TO
COMMUNICATE

.....
WANT TO TAKE PART IN
ACTIVITIES WITH PEOPLE



USE GESTURES
AND SOUNDS
TO INTERACT
MORE

BEGIN TO
RECOGNIZE
OTHERS'
EMOTIONS

.....
SEEK COMFORT
WHEN UPSET

PARENTS
MAY NOTICE
THEIR BABY

- ▶ Clinging to parents or caregivers
- ▶ Being more active
- ▶ Becoming mobile

GOOD IDEAS

TALK TO OTHER
 PARENTS AND
SUPPORTERS

ENCOURAGE EXPLORATION
OF SAFE SPACES

SPEAK TO YOUR BABY,
USING WORDS TO
DESCRIBE THEIR FEELINGS

HOLD AND COMFORT
YOUR BABY, ESPECIALLY
WHEN UPSET, SICK OR HURT


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AGES 9-12 MONTHS

Social and Emotional Development Begins Early

YOUR BABY MAY



SHOW A WIDER
RANGE OF
FEELINGS

BEGIN TO
DEVELOP
SELF-ESTEEM



BE SENSITIVE TO OTHER
CHILDREN AND REACT TO
OTHER PEOPLE'S MOODS
.....
SHOW CLEAR LIKES AND DISLIKES

PARENTS
MAY NOTICE
THEIR BABY

- ▶ Resisting help
- ▶ Clinging to parents or caregivers
- ▶ Refusing to do some things

GOOD IDEAS

TALK ABOUT FEELINGS
WITH YOUR BABY

OFFER YOUR
BABY CHOICES



BUILD PLAYFULNESS
INTO ROUTINES

SEEK SOCIAL SUPPORT
FROM FRIENDS AND FAMILY

GIVE CLEAR INSTRUCTIONS TO YOUR BABY AND
PRAISE THEM FOR DOING WHAT YOU ASKED



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AGES 12-15 MONTHS

Social and Emotional Development Begins Early

YOUR TODDLER MAY



EXPERIMENT
WITH SOCIAL
BEHAVIORS

BEGIN
DEVELOPING
EMPATHY



BEGIN USING
SOME REAL
WORDS

HAVE FAVORITE
THINGS AND
PEOPLE



PARENTS
MAY NOTICE
THEIR TODDLER

- ▶ Showing frustration
- ▶ Clinging to parents or caregivers
- ▶ Being a picky eater
- ▶ Having tantrum behaviors

GOOD IDEAS

ENCOURAGE
EXPLORATION WHILE
YOU ARE **NEARBY**

TAKE CARE OF
YOURSELF TOO

SHOW LOTS OF
POSITIVE 
ATTENTION AND EMPATHY

READ TO YOUR TODDLER
AND **TALK** ABOUT THE
STORY AND **CHARACTERS**


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AGES 15-18 MONTHS

Social and Emotional Development Begins Early

YOUR TODDLER MAY

LEARN NEW
WORDS
EVERYDAY




BEGIN
TO USE
IMAGINATION

TEST OUT
HOW THINGS
WORK



NEED HELP
TO BEGIN
LEARNING
SELF-CONTROL

PARENTS
MAY NOTICE
THEIR TODDLER

- ▶ Showing uneven development
- ▶ Expressing frustration
- ▶ Making messes

GOOD IDEAS

TURN YOUR **TODDLER'S**
PHRASES INTO SENTENCES

PUT YOUR **TODDLER'S**
FEELINGS INTO WORDS

PLAY PRETEND WITH
YOUR **TODDLER**

TALK WITH OTHERS ABOUT THE
CHALLENGES AND JOYS
OF PARENTING A TODDLER


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AGES 18-21 MONTHS

Social and Emotional Development Begins Early

YOUR TODDLER MAY

DO SIMPLE
PRETEND PLAY
LIKE SWEEPING
OR TALKING
ON THE PHONE



WANT YOU TO
PAY ATTENTION TO
SOMETHING WITH THEM

BEGIN
DEVELOPING
SELF-AWARENESS,
SO THEY WILL SAY
"ME" OR "MINE" MORE

PARENTS
MAY NOTICE
THEIR TODDLER

- ▶ Having difficulty sharing
- ▶ Showing tantrum behaviors
- ▶ Changing food preferences and appetite

GOOD IDEAS

PLAY SHARING AND
TURN-TAKING GAMES
THAT ARE FUN



USE DISTRACTION AND
REDIRECTION TO
AVOID DISPUTES

GIVE YOUR TODDLER
TIME TO FIGURE OUT A
PROBLEM ON THEIR OWN

PRaise YOUR TODDLER'S
EFFORTS, NOT JUST
WHETHER THEY SUCCEED

TALK ABOUT MOVING FROM ONE ACTIVITY
TO THE NEXT DURING YOUR DAILY ROUTINES



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AGES 21-24 MONTHS

Social and Emotional Development Begins Early

YOUR TODDLER MAY



BEGIN USING MORE **IMAGINATIVE** PLAY AND PLAYING WITH OTHER CHILDREN

BEGIN TO UNDERSTAND THAT OTHER PEOPLE'S **THOUGHTS AND FEELINGS** MAY BE **DIFFERENT** FROM THEIR OWN



GO BACK AND FORTH BETWEEN WANTING **INDEPENDENCE** AND NEEDING HELP

BE ABLE TO FOLLOW SIMPLE INSTRUCTIONS



PARENTS MAY NOTICE THEIR TODDLER

- ▶ Showing defiant behavior that is part of becoming more independent
- ▶ Using aggressive behaviors (biting, hitting)

GOOD IDEAS

GIVE YOUR TODDLER **JUST ENOUGH HELP** TO MASTER TASKS WITHOUT BECOMING OVERLY FRUSTRATED

KINDLY SUGGEST WAYS FOR YOUR TODDLER TO **DEAL WITH FEELINGS**

MODEL GOOD **MANNERS**



OFFER CHOICES TO HELP COPE WITH FEELINGS



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AGES 24-30 MONTHS

Social and Emotional Development Begins Early

YOUR TODDLER MAY

BEGIN SHOWING
MORE PATIENCE



WANT ROUTINES



WILLINGLY HELP
PUT THINGS AWAY

START TO INCLUDE
FEELINGS IN
PRETEND PLAY



BE MORE SENSITIVE
TO OTHER CHILDREN,
ESPECIALLY THEIR
NEGATIVE
EMOTIONS

PARENTS MAY NOTICE THEIR TODDLER

- ▶ Having difficulty sharing
- ▶ Displaying strong feelings and experiencing difficulty expressing them
- ▶ Wanting their own way much of the time

GOOD IDEAS

SHARE QUIET TIMES
BY **READING,**
TELLING STORIES
OR **CUDDLING**



PROVIDE WARNING
BEFORE YOU
INTERRUPT PLAY

ENCOURAGE **PRETEND
PLAY** TO PRACTICE
EMOTIONAL RESPONSES

GIVE LOTS OF **PRaise**
FOR **POSITIVE
BEHAVIORS**



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AGES 30-36 MONTHS

Social and Emotional Development Begins Early

YOUR TODDLER MAY

RECOGNIZE
AND EXPRESS
EMOTIONS



DEVELOP A SENSE OF
HUMOR



USE MORE
IMAGINATION AND
ROLE PLAYING,
SUCH AS DRESS UP

PARENTS
MAY NOTICE
THEIR TODDLER

- ▶ Being protective of possessions
- ▶ Developing new fears
- ▶ Being constantly active
- ▶ Becoming interested in toilet training

GOOD IDEAS

HELP YOUR TODDLER
EXPRESS FEELINGS IN
AGE-APPROPRIATE WAYS



PRAISE YOUR
TODDLER
WHEN THEY COOPERATE

EMPATHIZE WITH YOUR
TODDLER'S FRUSTRATION
AND OTHER NEGATIVE EMOTIONS



GUIDE YOUR TODDLER
IN **PROBLEM-SOLVING** AND
THINKING THROUGH SOLUTIONS


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AGES 3-4 YEARS

Social and Emotional Development Begins Early

YOUR PRESCHOOLER MAY

SHOW AFFECTION
FOR FAMILIAR
FAMILY AND FRIENDS



SHARE TOYS
AND TAKE TURNS
WITH YOUR HELP

BEGIN DRAMATIC
PLAY, ACTING OUT
WHOLE SCENES



FOLLOW SIMPLE
RULES IN GAMES
BUT WILL USUALLY
WANT TO WIN

PARENTS
MAY NOTICE
THEIR PRESCHOOLER

- ▶ Expressing demanding or defiant behavior
- ▶ Showing curiosity about body parts
- ▶ “Tricking” others to be funny
- ▶ Learning to toilet train, accidents are common

GOOD IDEAS

PLAY AND TALK
WITH YOUR
PRESCHOOLER OFTEN



USE SIMPLE BOARD
AND CARD GAMES
TO LEARN TO TAKE TURNS

PROVIDE CHOICES FOR
YOUR CHILD, BUT GIVE THEM
ONLY TWO OPTIONS

SPEND TIME DOING
ACTIVITIES
WITH OTHER FAMILIES




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AGES 4-5 YEARS

Social and Emotional Development Begins Early

YOUR CHILD MAY



START
NEGOTIATING
SOLUTIONS
TO CONFLICTS

STICK WITH A
DIFFICULT TASK
FOR A LONGER
PERIOD OF TIME



BEGIN TO
UNDERSTAND
EXPECTED
BEHAVIORS

BECOME BETTER
AT SHARING
AND TAKING TURNS



**PARENTS
MAY NOTICE
THEIR CHILD**

- ▶ Focusing on pleasing others and acting like friends
- ▶ Exhibiting noisy, boasting or “over the top” behaviors
- ▶ Tattling
- ▶ Displaying anxiety or worry about starting school

GOOD IDEAS

TALK WITH YOUR CHILD
ABOUT THEIR OWN AND
OTHER PEOPLE'S FEELINGS

**PRAISE YOUR
CHILD'S SPECIAL
QUALITIES**

TALK WITH OTHER PARENTS
ABOUT YOUR FAMILY'S ADJUSTMENT TO SCHOOL



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AGES 5-6 YEARS

Social and Emotional Development Begins Early

YOUR CHILD MAY



PLAY AND WORK TOGETHER WITH OTHERS TO ACHIEVE A COMMON GOAL

ENJOY PLAYING WITH OTHERS MORE THAN ALONE



DEVELOP CONFIDENCE BY MAKING SMALL DECISIONS, SUCH AS WHAT TO WEAR OR WHAT TO EAT FOR LUNCH



DEMONSTRATE THE ABILITY TO REASON AT BASIC LEVELS

PARENTS MAY NOTICE THEIR CHILD

- ▶ Adjusting to school routines and being more tired or irritable at home
- ▶ Experiencing increased fears or anxieties, sometimes with extra stomachaches or headaches
- ▶ Showing inconsistent behavior, sometimes acting “little” and sometimes acting like a “big” kid

GOOD IDEAS

TALK WITH YOUR CHILD ABOUT HOW TO **SEE AND RESPECT OTHER POINTS OF VIEW**

GIVE YOUR CHILD SMALL **TASKS AND CHORES TO COMPLETE**



BE **SUPPORTIVE AND ENCOURAGING**



TELL STORIES ABOUT WHEN **YOUR CHILD WAS LITTLE AND YOUR OWN CHILDHOOD**



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AGES 6-7 YEARS

Social and Emotional Development Begins Early

YOUR CHILD MAY

UNDERSTAND
THEIR OWN FEELINGS
BETTER AND USE
MORE WORDS TO
DESCRIBE THEM



BEGIN FORMING
SMALL FRIEND
GROUPS

UNDERSTAND THE
CONSEQUENCES
OF THEIR ACTIONS AND
COMFORT
OTHER CHILDREN
IN DISTRESS



PARENTS
MAY NOTICE
THEIR CHILD

- ▶ Exhibiting impulsivity
- ▶ Showing sensitivity
- ▶ Trying to fit in at school

GOOD IDEAS

**MODEL GOOD
SELF-REGULATION** 
AND PRAISE YOUR CHILD'S EFFORTS

**PLAY AND HAVE FUN
CONVERSATIONS
WITH YOUR CHILD DAILY**

CONSISTENTLY USE POSITIVE
DISCIPLINE STRATEGIES

**SELECT AT LEAST ONE
GRATITUDE PRACTICE
FOR YOUR FAMILY TO USE DAILY**



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AGES 7-8 YEARS

Social and Emotional Development Begins Early

YOUR CHILD MAY

HELP WITH
CHORES
AT HOME



DEVELOP THEIR SENSE OF

HUMOR

AND ENJOY TELLING JOKES

START TO USE
SELF-CALMING
STRATEGIES

SUCH AS REPEATING
PHRASES OR TAKING
DEEP BREATHS

PARENTS
MAY NOTICE
THEIR CHILD

- ▶ Being bullied or bullying others
- ▶ Wanting to be good at everything
- ▶ Possessing better management of emotions in public than at home

GOOD IDEAS

PROVIDE BRAIN TEASERS
AND MORE LOGIC GAMES
FOR YOUR CHILD



**PRAISE
YOUR CHILD**

OFTEN FOR THEIR EFFORTS
AND **SPECIAL QUALITIES**

SCHEDULE PLAY OPPORTUNITIES
FOR YOUR CHILD AND
GET TO KNOW THEIR
FRIENDS' FAMILIES

ENCOURAGE YOUR CHILD TO
EXPRESS EMOTIONS,
ESPECIALLY WHEN YOU THINK
THEY ARE STRUGGLING
WITH **NEGATIVE EMOTIONS**



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