

Emotional well-being during the early years has a powerful impact on social relationships. Children who are emotionally healthy are better able to establish and maintain positive relationships with adults, as well as with peers. Social-emotional development is essential to a young child's sense of well-being. The relationships they form early on help shape who they are, who they become, and their understanding of the world. The important people in young children's lives help lay the foundation for a range of social-emotional skills such as:

- Self-regulation
- Empathy
- Turn-taking and sharing
- Positive relationships with adults and peers

### **Social-Emotional Developmental Milestones in Infants & Toddlers**

#### **2 Months**

- Calms down when spoken to or picked up
- Looks at your face
- Smiles at people when they talk or smile
- Cries when hungry wet, tired, or wants to be held

#### **4 Months**

- Smiles on own to get attention
- Begins making early noise sounds of laughter when prompted to laugh
- Looks at you, moves, or makes sound to get or keep your attention
- Smiles or coos at self in the mirror

#### **6 Months**

- Knows familiar people
- Enjoys looking at self in a mirror
- Laughs
- Plays by grabbing foot when laying on back

#### **9 Months**

- Is shy, clingy, or fearful of strangers
- Shows several facial expressions like happy, sad, angry, surprised
- Looks when you call their name
- Reacts when you leave (looks, reaches for you, or cries)
- Smiles or laughs when you play peek-a-boo

#### **12 Months**

- Plays games such as "pat-a-cake" and "peek-a-boo"
- Lifts foot for shoe or sock when you dress them
- Rolls ball back for you to return to them when playing
- Shows preference for certain people and things

# Parent's Night Out

Sat., Feb. 4, 2023

4 – 8pm

\$25 for one child

\$10 for each additional sibling

The Children's Center, a service of Parrish Healthcare, is excited to announce the next Parent's Night Out. Children ages 2-8 are welcome to attend and participate in crafts, indoor and outdoor play, music, dancing and lots of fun!

Pre-registration is required for this event. Space is limited. To register, please email Kathy Simonsen at [kathy.simonsen@parrishmed.com](mailto:kathy.simonsen@parrishmed.com).



# WINTER MUDDYLAND



Come play in the mud with us this winter!

**Saturday, February 11, 2023 | Timed-entry tickets:  
9-10 a.m., 10:30-11:30 a.m. or 12-1 p.m.**

Families of children with exceptionalities are invited to join us for a sensory-friendly event in our Exceptional Nature Space. Participants will enjoy winter-themed sensory activities, crafts and games while getting a little muddy! Tickets are \$5 per person. Limited tickets available per session.

**REGISTER ONLINE AT  
[BREVARDZOO.ORG/KIDS-PROGRAMS](https://brevardzoo.org/kids-programs)**

Scroll down to Exceptional Friendly Programs & Events for the registration link.

**Please email [kgunderson@brevardzoo.org](mailto:kgunderson@brevardzoo.org) to learn more.**

**FACT**  
Families Actively Connecting Together

**MINGLE  
EXERCISE  
COOKOUT  
FAMILY  
FUN**

UCF | Center for Autism and Related Disabilities | PALS  
UNIVERSITY OF CENTRAL FLORIDA | PROVIDING AUTISM LINES & SUPPORT

Coming to Brevard County  
Saturday, January 28, 2023

<https://PALSBrevardFactJan22.eventbrite.com>



COMMUNITY

PLAY DATE

*Under 5's*

EVERY 3RD WEDNESDAY OF THE MONTH

From 9:00am - 10:30am

The Children's Center

5650 S. Washington Avenue

Titusville 32780

RSVP to Mary: 321-292-1370

SPACES ARE LIMITED!

early  
steps

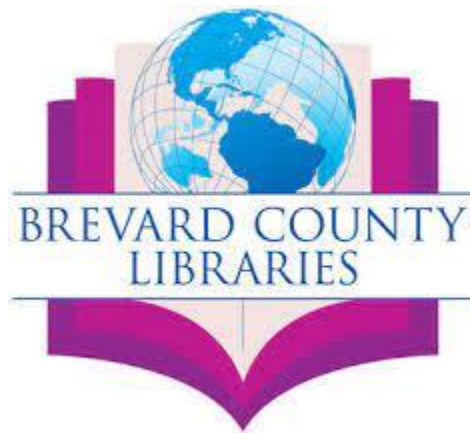


**1st Sunday Morning of Each Month**

**9am to 11am**

**2250 W Coastal Ln, West Melbourne, FL 32904**

Chuck E. Cheese's now offers a sensory-friendly experience on the *first Sunday of every month*. Our trained and caring staff is there to make sure families who have children with special needs have a fun filled visit.



**DON'T FORGET TO CHECK OUT FREE PROGRAMS AT  
YOUR LOCAL LIBRARY!**

**Space Coast Early Steps  
C.A.T.C.H. of Brevard**

Community Access to Child Health of Brevard, Inc.  
Early Intervention Services for young children with  
special developmental needs

For more information or referral contact:

1264 Rockledge Blvd., Suite 104  
Rockledge, Florida 32955

Ph: (321) 634-3688 Fax: (321) 504-0955

Funding provided by IDEA and Florida Dept. of Health

**VISIT OUR WEBSITE:**

<https://www.spacecoastes.org/>



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<https://www.facebook.com/Space-Coast-Early-Steps-101089132406421>



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