

# SOCIAL-EMOTIONAL DEVELOPMENT

## **Social Skills**

Interact and Play with Others  
Build Good Relations  
Share and Work Side-by-Side

## **Emotional Skills**

Know + Express Feelings  
Build Empathy  
Manage Strong Emotions



## **Infants**

Responds Happy to Touch  
Smile/Laugh/Peek-A-Boo  
Sad when away from Caregiver

## **Toddlers**

See oneself in the mirror + smiles  
Puts things away + dresses self  
Sings, Claps, Dances

## **Pre-Schoolers**

Shares Toys + Takes Turns  
Plays and makes friends  
Compare self with others  
Change activity with frustration

# TEAM MEMBERS

**Dr. Alma Guerrero**

Physician - Pediatrics at UCLA

**Sandy Serrano Sewell**

Executive Director at CDN

**Leticia Santos Cuevas**

Program Director at CDN

**Alex Perez**

LX Marketing

**Vishal Kumar Gupta**

**Caleb Luchmun**

**Reacesa Alleyne**

**Nataly Lopez**

Interns

# CONTACT US



+ 1 (323) 268-4600



4850 East Cesar Chavez Avenue  
Los Angeles, California 90022



centrodeninos@yahoo.com

# CHILD DEVELOPMENT

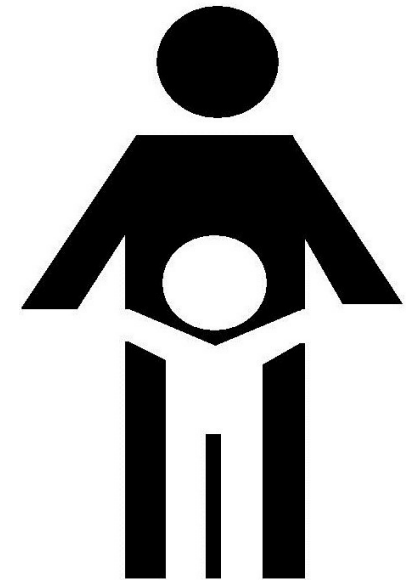
THE IMPORTANCE OF OPTIMAL  
SOCIAL-EMOTIONAL DEVELOPMENT  
DURING THE COVID-19 PANDEMIC

BY

**CENTRO DE NIÑOS**

AND

**DR. ALMA GUERRERO**



# WHAT IS CHILD DEVELOPMENT?

Changes in a child's *skills, behavior, and thinking* as they grow older.

Watching child development is an important tool to make sure that children meet certain "**developmental milestones**"

## CATEGORIES

### PHYSICAL

Fine Motor Skills (Fingers)  
Gross Motor Skills (Whole Body)

### LANGUAGE

To Understand  
To Communicate

### COGNITIVE

Learning  
Problem-Solving

### SOCIAL

Working and Talking with Others  
Self-Control

### EMOTIONAL

Positive Emotions (Joy + Surprise)  
Negative Emotions (Sad + Anger)

# INPUTS TO HEALTHY CHILD DEVELOPMENT

Love and Nurture  
Sleep  
Stable Routines  
Protection and Safety  
Healthy Eating  
Exercise  
Teachers and Friends

## POTENTIAL THREATS TO THESE INPUTS DUE TO COVID-19

Parental Stress  
Not Visiting Extended Family  
Changes in Sleep Routine  
Changing Daily Schedules  
School Closures  
Loss of Housing  
Illness and Death  
Stores Closing  
Less Food Security  
Park Closures  
No Physical Meetings  
Hard Virtual Meetings  
Enforce Masks

# STRATEGIES TO ADAPT AND THRIVE

Find great  **coping skills**  for both parents and children!

Build new  **support systems**  and friendships with peers

Practice ways to  **talk about how you feel**  in stressful events

**Talk**  about the event with children

**Ask**  what your child understands

Promote  **Questions**

### Reassurance

### Routines

*Predictability* helps children feel safe & *Schedules* make it easy for sleeping, working out, and eating.

