

## Resources

**New York State Office of Mental Health**

1-866-270-9857 (information and referral)  
<http://www.omh.ny.gov>

**The Children's Plan**

<http://www.omh.ny.gov/omhweb/engage>

**Local County Mental Health Department Contact Information**

<http://www.clmhd.org/about/countydirectory.aspx>

**Families Together of NYS**

518-432-0333  
<http://www.ftnys.org>



*Helping  
New York's children  
grow up healthy*

Snapshots

## of Your Child's Social and Emotional Well-being



This information is published  
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**Kindergarten to Grade 3  
(early to middle childhood)**



<http://www.omh.ny.gov>

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Social and emotional learning is the way a child develops the ability to experience, regulate and express emotions, form close, secure relationships; explore the environment; and learn. Social and Emotional Milestones

## What to expect

Children develop at their own unique pace, so it's impossible to tell exactly when yours will learn a given skill. The characteristics below will give you a general idea of the changes you can expect as your child gets older.

### Kindergarteners

- Attempt only the things they know they can do
- Are energetic and fidgety and have a short attention span
- May show opposite extremes in behavior and become less well-behaved as the school year progresses

### First Graders

- Want to be the "best" and "first"
- Have boundless energy
- May be oppositional, silly, brash and critical
- Cry easily; show a variety of tension-releasing behavior
- Are attached to the teacher
- Have difficulty being flexible
- Often consider fantasy real

### Second Graders

- Begin to reason and concentrate
- Worry, are self-critical and may express lack of confidence
- Demand more of the teacher's time
- Dislike being singled out, even for praise

### Third Graders

- Possess a "know it all" attitude
- Are capable of assuming some responsibility for their actions
- Actively seek praise

- Often undertake more than they can handle successfully
- Can recognize the needs of others