



Pyramid Model
0-3



Spotlight on Early Social & Emotional Health

SUBJECT: *Moments that Matter – Seeing Social & Emotional Growth in Action*

Everyday moments — diapering, feeding, saying hello—are opportunities to strengthen a child's *social and emotional health*. In these interactions, infants and toddlers are learning trust, confidence, and how to express their feelings.

LOOK FOR:

- Eye contact and shared smiles.
- Gentle back-and-forth communication (sounds, coos, gestures).
- Comfort and calm when held or spoken to. Interest in people and surroundings.



PRACTICE TIP:

During your next visit, *pause and observe* one social or emotional behavior (like a baby calming when held or a toddler showing joy). Name the behavior for the parent—reflecting what you see builds both awareness and confidence: “She’s really looking for your face—she knows that’s where comfort comes from.”



RESOURCE: Remember you can use the [CDC milestones resources](#) with families to support and discuss social and emotional milestones.