

(Everyday) Opportunities for Socio-Moral Development

But first, a SCREEN CHECK: Is your child *available* to the kinds of opportunities described below? Or are they missing out on them because they are spending too much* time on digital devices?



1. Moments of awareness and reading cues

[👉 Builds: attunement to others]

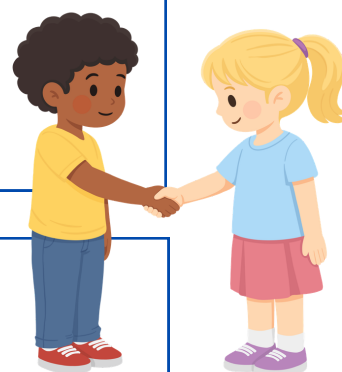
- Being aware of who else is in the room and what they're experiencing
- Noticing someone has been left out of a game
- Seeing an emotion on someone's face or hearing it in their tone of voice
- Reading the cues in a group game and seeing when to take turns



2. Moments of social friction and repair

[👉 Builds: empathy and social understanding]

- Accidentally hurting someone and wanting to say sorry
- Feeling awkward in a group but slowly becoming relaxed
- Wanting to join in with a group and figuring out how to
- Not liking another child but not wanting to hurt their feelings

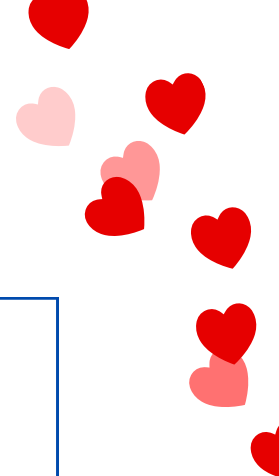


3. Moments of conflict and negotiation

[👉 Builds: fairness and perspective-taking]

- Agreeing on whose turn it is (without adult arbitration)
- Fighting over toys with siblings or friends and working it out
- Experiencing unfairness and resolving it together (without adult help)
- Wanting to play a different game and learning to compromise

* To find out how much is 'too much' screen time, and for tips on setting healthy screen limits, download our **Screen Time Guidelines for Parents of Children aged 0-8 years**.



4. Moments of conversation and storytelling

[👉 Builds: connection and narrative identity]

- Chatting about little things that happen each day
- Remembering and recreating shared memories together
- Asking questions about other people's feelings & experiences
- Listening to others' stories even when it's not that fun



5. Moments of balancing & giving

[👉 Builds: consideration and interdependence]

- Pausing play to give a helping hand to an adult
- Having to wait for someone else to be ready
- Sharing limited resources (special toys, treats etc)
- Adjusting plans to fit in with other people's needs



6. Moments of contribution and purpose

[👉 Builds: belonging and mattering]

- Feeding and caring for a pet
- Laying the table for a family meal
- Helping a younger sibling put on their coat and shoes
- Carrying in and unpacking some of the groceries



For more evidence-informed guidance on how
to help your child thrive through
connection, kindness and contribution,
visit our website
www.happyheartsparenting.org

