



DEVELOPMENT OF EMOTIONAL CHARACTERISTICS IN EARLY CHILDHOOD

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Abstract: *Abstract: the early childhood period (1.5-3 years) involves the emotional development processes of children, highlighting emotional states specific to this period and the social-psychological factors shaping them. The quality of emotional connection with parents and its impact on psychological development are explored based on research findings.*


Keywords: *early childhood, emotional development, emotional regulation, emotional connection, psychological safety.*

The early childhood period is considered to span from 1.5 to 3 years. This is a phase when a child transitions rapidly from a vulnerable, less mobile state to becoming an active, cheerful individual. In a short time, the child establishes relationships with adults, learns to grasp and use objects, observes the surrounding world, tries to understand the properties of objects by touching them, pays attention to sounds, and attempts to produce those sounds using objects. The child forms emotional bonds with their mother and other close individuals. During infancy, a child develops rapidly in physical, psychological, and social aspects. From two months of age, a child begins to distinguish their mother's face and voice from others. Starting at 2-3 months, the child responds to their mother's smile and laughter with smiles and various movements. From 3-4 months, children

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express their desire to see, hear, or communicate through actions. By 8 months, a child shows anxiety through crying when placed in an unfamiliar environment or with strangers, though this anxiety gradually decreases between 14-18 months.

In early childhood, personality development occurs. During this period, children do not consciously reflect on their behavior, as their actions are driven by emotions. Their behavior is highly variable; for instance, a child's crying or calming down can change rapidly. In early childhood, feelings of affection toward close relatives and caregivers begin to form. The child starts seeking approval from loved ones, becomes strongly attached to their parents, and exhibits discipline and obedience. This attachment helps meet the child's basic needs and reduces anxiety. Children with their mother nearby become more active and begin exploring their environment. During this period, a child fully recognizes their own



name, defends it, and expresses displeasure if called by another name. The way adults interact with the child enables them to start perceiving themselves as a distinct individual.

Emotional development is an integral part of human psychological growth, encompassing the child's ability to recognize, express, manage their emotions, and respond appropriately to the emotions of others. Early childhood is a critical foundation for emotional development. At this stage, a child not only begins to understand their emotions but also acquires skills to express and regulate them. Close individuals must provide the child with love, attention, and positive emotional support during this period.

Emotion is a psychological state reflecting an individual's internal condition in response to external events.

Emotional regulation refers to a child's ability to recognize, express, manage, and control emotions, such as suppressing anger. Emotional connection is the affectionate, emotionally close relationship between a child and their caregiver, typically the mother or guardian. Such a connection fosters a sense of safety, builds resilience to stress, and lays the foundation for future social and emotional adaptability. Psychological safety

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refers to an environment where individuals feel secure, free from worry about making mistakes, asking questions, proposing new ideas, or expressing their opinions. It implies creating an atmosphere of respect and trust within a group or organization, where individuals feel safe and can fully realize their potential for personal growth.

Conclusion: Early childhood is a delicate and critical stage where the foundation for emotional life is laid.

During this period, a child learns to understand, express, and manage emotions. An environment filled with love, attention, and trust is the key to emotional maturity.

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