



## EMOTIONAL AND BEHAVIORAL SELF-REGULATION

Child manages feelings, emotions and support of familiar adults.

Birth to 9 Months	8 Months to 18 Months	16 Months to 36 Months
1. Interacts with familiar adults for calming and comfort, to focus attention and to share joy.	1. Seeks to be close to familiar adults for help with strong emotions by physical or eye contact.	1. Uses various strategies to help manage strong emotions, such as removing self from the situation, covering eyes or ears, or seeking support from a familiar adult.

Child manages actions and behavior with support of familiar adults.

Birth to 9 Months	8 Months to 18 Months	16 Months to 36 Months
1. Responds to attentive caregiving by quieting or calming down, such as when being fed or being comforted during moments of physical distress.	1. Looks to familiar adults for assistance and guidance with actions and behavior. 2. May try to calm self by sucking on fingers or thumb when overly excited or distressed.	1. Begins to manage and adjust actions and behavior with the guidance of familiar adults using words or signs.

## COGNITIVE SELF-REGULATION (EXECUTIVE FUNCTIONING)

Child maintains focus and keeps attention with support.

Birth to 9 Months	8 Months to 18 Months	16 Months to 36 Months
1. Develops, with support, some ability to filter out distracting sensory stimuli to focus on and attend to important people or objects in the environment with support.	1. Shows increasing ability to attend to people. 2. Shows increasing ability to attend to objects and activities. 3. Shows increasing ability to extend or complete an activity. 4. Shows increasing ability to attend to or join others in a common or shared focus.	1. Participates in activities and experiences with people, objects, or materials that require attention and common or shared focus.

Child develops the ability to show persistence in actions and behavior.

Birth to 9 Months	8 Months to 18 Months	16 Months to 36 Months
1. Shows increasing ability to continue interactions with familiar adults or toys for increasing amounts of time.	1. Shows willingness to repeat attempts to communicate or to repeat actions to solve a problem even when encountering difficulties.	1. Shows increasing ability to stay engaged when working towards a goal or solving a problem. Often tries different strategies until successful.

Child demonstrates the ability to be flexible in actions and behavior.

Birth to 9 Months	8 Months to 18 Months	16 Months to 36 Months
1. Shows repetitive patterns in actions or behaviors, but sometimes tries more than one way to solve a problem or interact with someone.	1. Shows ability to shift focus to attend to something else, participate in a new activity, or try a new approach to solving a problem.	1. Modifies actions or behaviors in social situations, daily routines, and problem solving, such as playing quietly when asked or adjusting to changes in schedule.

## INITIATIVE AND CURIOSITY

Child demonstrates emerging initiative in interactions, experiences and explorations.

Birth to 9 Months	8 Months to 18 Months	16 Months to 36 Months
1. Initiates interactions with familiar adults through expressions, actions, sounds or behaviors.	1. Points to desired people, objects or places and initiates actions, such as looking for a favorite toy or bringing a book to a familiar adult to read. 2. Actively resists actions or items not wanted.	1. Prepares for or starts some activities without being directed by others, such as getting ready for the next activity or bringing a ball to a new child at the playground.