

DOMAIN 3: SOCIAL AND EMOTIONAL DEVELOPMENT			
SUB-DOMAIN: EMOTIONAL DEVELOPMENT			
SELF-CONTROL			
GOAL 38: CHILDREN REGULATE THEIR FEELINGS AND IMPULSES.			
Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
Birth through 8 Months	Calms and soothes self for brief periods of time.	<ul style="list-style-type: none"> <li>▪ Signals needs with sounds or motions (cries when hungry or reaches for wanted object of comfort).</li> <li>▪ At the beginning of this stage, reflexively responds to stimulation (e.g. reflexively turns toward breast and sucks for feeding, starting and pausing in eating as adults respond to those cues, or reflexively grasps objects or adult's fingers when touched against palm).</li> <li>▪ Relaxes or stops crying when comforted (e.g. when swaddled or spoken to softly).</li> <li>▪ Comforts self by clutching, sucking, or stroking when tired or stressed (e.g. calms while stroking or holding soft blanket; sucks on fist, fingers, or pacifier for self-soothing).</li> <li>▪ Cries or uses other vocalizations, facial expressions, or body language to express emotions and to get needs met.</li> <li>▪ Communicates need for support or help from adults (e.g. looks toward or holds out arms to familiar adult when frightened).</li> <li>▪ Anticipates routine interactions (e.g. opens mouth when a spoon is offered).</li> <li>▪ Develops increasing consistency in sleeping, waking, and eating patterns.</li> <li>▪ Shows awareness of change and routine; may object to changes.</li> <li>▪ Responds to emotional cues and social situations (crying when other babies cry).</li> </ul>	<ul style="list-style-type: none"> <li>▪ Hold, snuggle, cuddle, and physically nurture child in ways appropriate to their specific sensory needs.</li> <li>▪ Respond to child's signals for attention.</li> <li>▪ Check environment for comfortable levels of noise, temperature, light, and other stimuli. Be aware of environmental factors that might cause distress.</li> <li>▪ Establish routines for eating, sleeping, diapering, and other regular activities while taking into account family's care practices and child's schedule.</li> <li>▪ Be aware that babies cry to express a range of feelings, and respond appropriately.</li> <li>▪ Comfort babies quickly when they cry to help them calm.</li> <li>▪ Model and respond to child's displays of pleasure by matching child's emotions with facial expressions, tone, and words.</li> <li>▪ Respond to child's displays of distress by staying with child and sensitively helping child with difficult feelings.</li> <li>▪ Nurture child with kind words, hugs, and cuddles being sensitive to individual sensory needs.</li> <li>▪ Label what feeling the child might be feeling (e.g. "John you look frustrated. Is that toy too far away? Let's move it.").</li> </ul>